

# OASIS news

Older  
Adult  
Social &  
Information  
Services

*The official guide to the programs and services offered at the OASIS Senior Center*

**DECEMBER 2013**

VOL. 37 NO. 12

**Membership Monthly  
Get Together  
Friday , December 6**

**Holiday Show  
Wednesday , December 18**  
See back cover for details

**OASIS will be closed  
Noon Dec 24 - Jan 1**

**Fitness Center Holiday Hours**  
See page 43

***A Publication of the City of Newport Beach and the Friends of OASIS***  
**(949) 644-3244    [www.newportbeachca.gov/oasis](http://www.newportbeachca.gov/oasis)**

## Membership Monthly Get Together Friday, December 6, 10:00 am

*Meeting, entertainment and lunch*

### December Entertainment:

The Costa Mesa Madrigal Choir includes a group of widely acclaimed local students in grades 9 through 12. The choir has performed at the Orange County Performing Arts Center, the Disneyland Christmas Event, the Mormon Tabernacle in Salt Lake City, and Carnegie Hall in New York City. The 36 member Madrigal Choir will sing a Christmas repertoire for us, directed by award-winning teacher and mentor, Jon Lindfors. Please join us in the OASIS Evelyn Hart Event Center for a very memorable Christmas monthly gathering.



This is the regular monthly meeting of the Friends of OASIS. It provides opportunities for attendees to socialize and to receive important updates from the Friends' Officers, the Board Committees, and the Center Director and her staff while enjoying entertainment and a special lunch.

**Lunch Tickets:** \$8 members/ \$10 non-members

Advance purchase is recommended.

**Location:** OASIS Evelyn Hart Event Center

**Program Director:** Anthony Allen, 1st Vice President

**Menu:** Chicken Picatta, Vegetables, Herbed Basmati Rice, Garden Salad with Champagne Vinaigrette, and Italian Butter Rum Cake.  
Milk is available on request.

### OASIS Senior Center

801 Narcissus Ave., Corona del Mar, CA 92625-1501

[www.newportbeachca.gov/oasis](http://www.newportbeachca.gov/oasis)

#### Administration Office

(949) 644-3244

Monday-Friday 8:00am-5:00pm

Saturday/Sunday Closed

#### Fitness Center

(949) 718-1818

M-Th 7:00am-8:00pm, Friday 7:00am-5:00pm

Saturday/Sunday 8:00am-4:00pm

Center is closed on all City-observed holidays.

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#### Age Well Senior Services Meals Coordinators:

Berenice Barajas

(949) 718-1820

Ken Nottle

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Phone: (949) 718-1800

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Celeste Jardine-Haug, Ex Officio



## Celeste Jardine-Haug

### OASIS Senior Center Director

This year has passed way too fast. I can't believe I am writing an article for the December newsletter. Not sure I am ready for all the holiday celebrations, but oh well, here we go!

You will not want to miss our holiday show that we have planned for you. On December 18, we will have a very special group of young performers from the Center Stage Studios performing selections from Cole Porter, a variety of Broadway shows, and "White Christmas." Center Stage Studios is a nationally ranked professional children's performance group. You can see more about this event on the back cover of this issue.

I also want to bring your attention to the holiday outreach programs that Vicki heads up so well each year. We like to give a little holiday cheer to those who are not as fortunate as others. We hope you will join us in one of the following ways: Provide canned food for the food drive, make handmade lap-size afghans, or make hand knit caps for the homeless, or provide a monetary donation for us to put baskets together for our homebound members who could use some cheering up. If you are interested in helping with any of the above, please contact Vicki Chin in our office.

One last thing is a quick reminder that registration for all of our winter classes begins on December 12 at 8:00am. Winter classes will run from January through March. Please do not miss out in registering for your favorite class or trying a new one perhaps. Many of our classes fill up quickly so be sure to register early.

*Celeste*



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## Kathy Stewart

### Friends of OASIS President

Our October trip to Europe was wonderful! Just four of us travelled by trains, busses, a car and trams thru Vienna (got to see an opera), Prague (so surprisingly beautiful), Rothenburg, Germany (a storybook city), Colmar, France (so many wines to taste) and Lauterbrunnen, Switzerland (the alps are so incredible & impressive). The weather was nearly perfect, the food and wine were divine and the people were so friendly and kind! We were really impressed with how clean everything is, how much corn is grown everywhere, how honest the Swiss are and how many people smoke!

But now, it's time to start thinking about the holidays! OASIS has lots of ways for you to celebrate and to assist others who are less fortunate. This month's newsletter is full of suggestions, please take a few minutes to find something you would like to do.

I wish you good times this Christmas with family and friends!!!

*Kathy*



**NOW MONTHLY!**

## THURSDAY NIGHT BUNCO

Thursday, December 12  
5:00-7:30pm

Lessons at 4:30pm

Dinner served at 5:00pm

Game begins at 5:30pm sharp.

OASIS Room 2

Cost: \$10

*Space is limited. Registration in person with payment is required.*

Come join us at the OASIS to play Bunco, a fun game of dice. New players are welcome! Even if you've never played before, you will pick it up quickly. Dinner will be provided. Menu information available upon registration. Prizes will be raffled off at the end of the game.



## BIG BAND MUSIC SEMINAR

Friday, December 13 1:00-2:30pm

OASIS Evelyn Hart Event Center A

*Thanks to a generous donation by the Friends of OASIS, Big Band Seminar is FREE.*

Ken Jensen, former Big Band musician, will take you on a nostalgic visit to the great music and artists of the Big Band Era.

**Topic:** A happy holiday show including some surprise special gifts.

The next Big Band Seminar will be Friday, January 24 at 1:00pm.

## A FOND FAREWELL

The OASIS family was saddened to learn that long time OASIS member and friend, Willard Courtney, passed away on Sunday, November 3. Willard was 98 years old and is survived by Gayle, his wife of 76 years. Willard loved poetry and music and was part of the OASIS volunteer band for many years.



## 3rd ANNUAL FETE FRANCAISE (FRENCH PARTY)

Presented by the OASIS French Cafe Teacher

Friday, December 13

10:00am-1:30pm

OASIS Room 1

Tickets \$20



Join us for a holiday party with an open French buffet, live entertainment, raffle prizes, and French gift baskets perfect for your holiday shopping.

To purchase tickets, please contact Sabine Abourjeily at 949-280-8143 or [sabk@hotmail.com](mailto:sabk@hotmail.com). Reserve your tickets in advance; this event will sell out!

## NATIONAL SENIOR GAMES

Presented by Michael Hess, PhD

**Monday, January 6**

**2:00pm**

**OASIS Room 2**

*Please RSVP to (949) 644-3244*



The 2013 National Senior Games event involved over 11,000 athletes aged 50 to 100+ competing in 19 different sports over a two-week period. Michael, who is a Board Member as well as the Basketball Chair for the National Senior Games Association, will share inspirational stories of the athletes and teams that participated in this unique experience. Come find out what drives these athletes to continue competing in sport, and get ready to be motivated!

## IMPORTANT NOTICE: HOLIDAY HOURS

### OASIS SENIOR CENTER

*Including offices, classrooms, and transportation*

Tuesday, December 24 open 8am-noon

Wednesday, December 25 Closed

Thursday, December 26 Closed

Friday, December 27 Closed

Saturday & Sunday, Dec 28-29 Closed

Monday, December 30 Closed

Tuesday, December 31 Closed

Wednesday, January 1 Closed

### FITNESS CENTER HOURS

Tuesday, December 24 open 7am-noon

Wednesday, December 25 Closed

Thursday, December 26 Open 7am-5pm

Friday, December 27 Open 7am-5pm

Saturday & Sunday, Dec 28-29 Open 8am-4pm

Monday, December 30 Open 7am-5pm

Tuesday, December 31 Open 7am-noon

Wednesday, January 1 Closed



## OASIS GOLF IS EXPANDING

Couples and single golfers are invited to join a group recently formed for weekly play on Costa Mesa's par 70, Mesa Linda course every Wednesday. This will complement the three continuing Monday, Wednesday, and Friday games on par 72 courses.

Non-competitive format. Handicaps not needed. For more information or to join the group, contact Daryl Johnson at (949) 854-7573 or Paul Moore at (714) 979-2770.



## LEAVING A LEGACY: TREASURE BEYOND MEASURE

Presented by: Berteil Mahoney

**Monday, January 13**

**1:00-2:00pm**

**OASIS Room 5**

*Please RSVP (949) 644-3244*



You possess a lifetime of experiences and wisdom. Isn't it time to capture those memories? During this FREE informational session you will learn about a variety of ways to leave a legacy--ways that can be more treasured and enduring than money. What you decide to do could be the most cherished gift you will ever give those you love.



# Special Services and Programs

## GOT THE POST HOLIDAY BLUES? LET'S TALK...

Friday, January 17  
10:00-11:00am  
OASIS Room 5



Please call (949) 644-3244 to RSVP

Please join Executive Director, Linda Belt and her intern from the Newport Community Counseling Center for an informal discussion on "Post Holiday Blues." Start the New Year with ways to feel more positive, hopeful and healthy.



## HOLIDAY OUTREACH PROGRAMS

Its that time of year again, and we like to think of ways that we can enhance the lives of others during the holidays. OASIS has developed traditions over the years and we ask that our members do what they can to help spread the spirit of the holidays to those less fortunate.

Donations to the following holiday programs will be accepted until Monday, December 16. Please contact Vicki in the Administration Office if you need more information.

### **Canned Food Drive**

Canned and nonperishable food items will be collected for SOS (Share Our Selves). Collection boxes will be available for your donations in the OASIS Lobby.

### **Handmade Lap-size Afghans**

We collect handmade afghans to distribute in the local nursing homes during the holidays. If you have a new afghan to donate or know of someone who would enjoy receiving one, please let us know.

### **Handmade Hats for the Homeless**

It's cold on the streets at night, so we collect handmade hats and donate them to SPIN (Serving People In Need). SPIN distributes them to homeless people living on the street.

### **Homebound Seniors Outreach**

We like to remember our homebound seniors during the holidays. If you know OASIS members who can no longer participate at OASIS, we would like to send them some holiday cheer. Also, if you would like to donate to the homebound holiday outreach program, please contact Vicki.

## UCI MEDICAL LECTURE YOUR MEDICATIONS – YOUR HEALTH

Jody Jacobson Wedret, RPh, FASHP, FCSHP,  
UC Irvine Health Senior Pharmacist



Wednesday, December 11

1:00-2:00pm

OASIS Evelyn Hart Event Center

**Reservations are not required for this free presentation.**

As we age, we may find that we are taking more and more medications to manage our health problems and to help us live active lives. With this increased use of medication, however, comes the potential for drug-related problems that may not exist in younger adults. In this community talk, UC Irvine Senior Pharmacist Dr. Jody Jacobson Wedret will offer useful information on the reasons aging adults may be more sensitive to the potent ingredients in medications, the various drug interactions that may occur when we take multiple meds, how often we should have a medication review, and what we can do to decrease our risk of health and safety issues with the medications we take.

## STROKE AWARENESS & STRESS SEMINAR

**FREE ABDOMINAL AORTIC ANEURISM  
SCREENING (limited availability)**

Presented by OC Stroke Association

Wednesday, January 22

1:00-3:00pm

OASIS Evelyn Hart Event Center

**Call (888) 794-9466 to register.**

Come find out how YOU can prevent a stroke!

What will be covered::

- Stroke risk factors
- TIAs
- Stroke warning signs
- Stroke prevention

Pre-registration is required for the screening. All eligible participants who sign up for the screening must arrive 15 minutes prior to the lecture. The screening will be conducted after the presentation.



## WHAT IF I HAD A SECOND LIFE? MISTAKES I HAVE MADE AND HOW NOT TO REPEAT THEM

Presented by Terry Bridges,  
A Happily Retired Attorney

**Wednesday, January 15**

**10:00-11:30am**

**OASIS Room 1**

**Please RSVP to (949) 644-3244**



We all make mistakes throughout our life. Sadly, instead of learning from them, they are often repeated. Sometimes our mistakes transition into habits which negatively impact our ability to lead a happy and fulfilling life. In this presentation, Terry Bridges, a self described "recovering trial lawyer," will share a candid assessment of some of the personal mistakes he has made throughout his life, and provide insights to how he attempted to recognize those mistakes and adjust his values, conduct, and attitude so as to have better life and relationship experiences with children, grandchildren, friends, professional relationships, healthcare providers (as a patient and caregiver) and philanthropic associations. He has promised to limit his presentation to no more than 50 major mistakes and avoid all "war stories" from his professional life in the courtroom. [www.tbridgeslaw.com](http://www.tbridgeslaw.com)

## DIFFERENCES AS WE AGE

A group of 15-year-old boys discussed where they should meet for dinner. It was agreed they would meet at the McDonald's next to Captain Jack's Seafood Grille because they only had six dollars among them, they could ride their bikes there, Jennie Webster, that cute girl in Social Studies, lives on the same street, and they might see her.

Ten years later, the group of now 25-year-old guys discussed where they should meet for dinner. It was agreed they would meet at Captain Jack's Seafood Grille because the beer was cheap, the bar had free snacks, the house band was good, there was no cover charge and there were lot of cute girls.

Ten years later, at 35 years of age, the group once again discussed where they should meet for dinner. It was decided they would meet at Captain Jack's Seafood Grille because the booze was good, it was near their gym and, if they went late enough, there wouldn't be too many whiny little kids.

Ten years later, at 45, the group once again discussed where they should meet for dinner. It was agreed they would meet at Captain Jack's Seafood Grille because the martinis were big and the waitresses wore tight pants.

Ten years later, now 55, the group once again discussed where they should meet for dinner. It was agreed they would meet at Captain Jack's Seafood Grille because the prices were reasonable, they have a nice wine list and fish is good for your cholesterol.

Ten years later, at 65 years of age, the once again group discussed where they should meet for dinner. It was agreed they would meet at Captain Jack's Seafood Grille because the lighting was good and they have an early bird special.

Ten years later, at 75 years of age, the group once again discussed where they should meet for dinner. It was agreed they would meet at Captain Jack's Seafood Grille because the food was not too spicy and the restaurant was handicapped accessible.

Ten years later, at 85 years of age, the group once again discussed where they should meet for dinner. It was agreed they would meet at Captain Jack's Seafood Grille because they had never been there before.

## HOAG HOSPITAL MEDICAL LECTURE: GROUNDBREAKING TREATMENT FOR THOSE SUFFERING FROM CHRONIC REFLUX

Presented by Nikolai Bildzukewicz, M.D.

**Wednesday, January 8**

**1:00-2:00pm**

**OASIS Evelyn Hart Event Center**

**Registration is REQUIRED for this free lecture.**

**Please RSVP to (800) 514-4624 or [www.hoag.org](http://www.hoag.org)**

Gastroesophageal Reflux Disease (GERD) can be a life-limiting condition that many individuals battle for years without relief. Instead of medications that only aid symptoms and don't treat the condition, Hoag is now offering the revolutionary new LINX Reflux Management System, a short outpatient procedure that treats GERD and its symptoms. Learn who is a candidate and the benefits for patients.

## THOUGHT OF THE MONTH

Life and time are amazing teachers. Life teaches us to make good use of time, while time teaches us the value of life

*Unknown*

If you are interested in contributing a thought for a future issue, please bring it to the Administration office for consideration.

## DON'T BE A VICTIM OF FRAUD!

Presented by Andi Querry, Crime Prevention Specialist

Wednesday, January 29

10:00-11:00am

OASIS Room 1

*Please call (949)644-3244 to RSVP*

Every year 25 million consumers are victims of fraud; don't be one of them. Seniors are prime targets and the only defense is education and awareness. Join Andi Querry, Crime Prevention Specialist with the Newport Beach Police Department to learn how best to stay on the defense against these criminals. You have all heard about the Grandma scam; millions of seniors have fallen for that scam because they love their grandchildren. Help put the fraudsters out of business by being one step ahead.

## GRANDMA SCAMS ON THE RISE THIS YEAR



With the holidays quickly approaching, the Federal Bureau of Investigation is warning seniors that scammers are expected to be out in force this year. A recent newscast reported that one of the oldest scams targeting seniors is still going strong and is now being reported more than ever. When Ruth McGrath decided to report this scam to her local news station, she was amazed to learn how common it is. As a result, the FBI is warning all seniors to use caution when receiving phone calls, especially those from supposed relatives asking for money.

In Ruth's case, she received a phone call from someone who said "Hi. This is your grandson." She said, "Justin? Is that you?" That was all the scammer needed to lower her defenses and bait the trap. He explained that he was in trouble in Canada and needed \$2,900 to bail him out of jail. She immediately sent it only to receive a call later from her daughter saying that Justin was filmed during a news spot while in St. Louis, Missouri. After calling to confirm he was really there, she had realized what had happened and immediately called the police to report the crime.

Seniors have a tendency to be targeted by scammers for several reasons. They generally have excellent credit and many even have a little "nest egg" for emergencies. They were also raised during a time when good manners, trust, caring for others, and giving to loved ones was common. These are all exploitable traits to a con artist.

The FBI and law enforcement agencies have a difficult time tracking scammers who target this group because they are less likely to report these crimes. Many seniors may be concerned about what relatives may think or may just be too embarrassed to admit they were duped. Additionally, memory is generally less detailed and, many times, it takes longer before they realize they have been swindled. This makes scammers even harder for law enforcement agencies to catch and reduces the likelihood that funds can ever be recovered.

Seniors are now considered the largest portion of the population in the US holding at about 78 million strong. With the number of seniors rising and their increased use of technology, they are easier to reach regardless of the scammer's physical location. As a result, scammers will often use various methods, beyond traditional phone calls, to get in touch with people they believe they can swindle. Unfortunately, a growing number of these con artists are located outside the US, as in Ruth's case, making it even more difficult to stop them.

The FBI warns that when receiving a phone call don't mention a person's name; rather say "Who is this?" If they say "It's your grandson," respond with "Which one?" It won't take long to figure out they are making it up. Other protections include: never sign anything that is blank, don't wire money if you can't be certain who's on the receiving end, make a note of everything including the location where the money was sent, to whom, and when, and if you do wire money, add a security question only the person you think you're sending money to would know. Most importantly, reporting these kinds of crimes immediately to law enforcement officials and the FBI will help them help you. You may not get your money back, but if enough of these people are put in jail, maybe the rest of them will get the message.

Source: CNN



**REGISTRATION INFORMATION**

You may register for these classes in four easy ways; see page 42 for details. Minimum number of participants required or class may be cancelled. Class fee will NOT be pro-rated and a \$5 or \$10 non-resident fee will apply.

Registration for all classes listed in **BOLD** will open Thursday, December 12 at 8:00am. Registration for all other classes listed is currently underway. Early registration is strongly recommended.

**Fitness****GENERAL FITNESS****NEW! SPINAL STENOSIS & YOUR BACK**

Instructor: Kathryn Rollins plumblines@hotmail.com 949-422-9834

**LOCATION: OASIS ROOM 5**

Come to this informational class on spinal stenosis and learn more about your back and body and what these words mean for you. Taught from a positive viewpoint by a nurse who specializes in injury prevention and injury management.

Class #	Dates	Day	Time	Fee
<b>870211</b>	<b>2/5</b>	<b>W</b>	<b>4:00-5:00pm</b>	<b>\$20/1 mtg</b>

**NEW! HEALTHY, STRONG BACK & NECK**

Instructor: Kathryn Rollins plumblines@hotmail.com 949-422-9834

**LOCATION: OASIS ROOM 5**

Back and neck issues are common but not necessary. Please come to this two class lecture series to learn about the back, the neck, and how to keep them healthy and strong. Taught by Kathryn Rollins, a nurse who specializes in injury prevention and injury management.

Class #	Dates	Day	Time	Fee
<b>672611</b>	<b>2/26-3/5</b>	<b>W</b>	<b>4:00-5:00pm</b>	<b>\$30/2 mtgs</b>

**FIT MIX**

Instructor: Dasha Alvarez dasha.alvarez@yahoo.com

**LOCATION: OASIS DANCE ROOM**

This dynamic approach to fitness includes cardio, hand-held weights, core work, balance, choreography and stretching. This exhilarating workout will energize you and get you in shape!

- Bring a mat and a pair of 2-5lb weights.

Class #	Dates	Day	Time	Fee
<b>672311</b>	<b>*1/6-2/3</b>	<b>M/Th</b>	<b>7:45-8:45am</b>	<b>\$68/8 mtgs</b>
<b>672312</b>	<b>*1/6-2/3</b>	<b>M</b>	<b>7:45-8:45am</b>	<b>\$38/4 mtgs</b>
<b>672313</b>	<b>1/9-1/30</b>	<b>Th</b>	<b>7:45-8:45am</b>	<b>\$38/4 mtgs</b>
<b>672314</b>	<b>*2/13-3/13</b>	<b>M/Th</b>	<b>7:45-8:45am</b>	<b>\$68/8 mtgs</b>
<b>672315</b>	<b>2/24-3/10</b>	<b>M</b>	<b>7:45-8:45am</b>	<b>\$28/3 mtgs</b>
<b>672316</b>	<b>*2/13-3/13</b>	<b>Th</b>	<b>7:45-8:45am</b>	<b>\$47/5mtgs</b>

**DROP IN (NO REFUNDS)**

672317 See above for class dates, days and times \$15/1 mtg

\*No class 1/20, 2/17

**LONGEVITY STICK**

**LOCATION: GRANT HOWALD PARK**

These easy to learn gentle movements promote physical fitness and mental relaxation. Please bring a one inch round (in diameter) wood stick that has a length equivalent to your body height. Most hardware stores carry wood sticks. Visit [www.longevitystick.com](http://www.longevitystick.com) to learn more.

Registration	Dates	Day	Time	Fee
<b>Not Required</b>	Ongoing	Tu	9:30-10:30am	FREE

**HEALTHY BACK**

Instructor: Darcia Dexter darciadexter@me.com 949-910-4337

**LOCATION: OASIS DANCE ROOM**

Is your neck causing your back pain or your back causing your neck pain? More importantly, how do you maintain a healthy back from top to bottom and everything in between? This class will use gentle, easy movement strategies from the Feldenkrais Method®, Bones for Life®, and Pilates to improve your brain/body connection for making everything you do safer, easier, and just more fun!

- Participants will be getting up and down from the floor.
- Please wear loose, layered clothing.
- Bring a mat and your curiosity!
- Free demo classes (registration is required)

**Monday, Jan 13, 2:00-3:00pm. Use #670511.**

**Saturday, Feb 8, 9:00-10:00am. Use #770511.**

Class #	Dates	Day	Time	Fee
<b>670512</b>	<b>*1/27-2/24</b>	<b>M</b>	<b>2:00-3:00pm</b>	<b>\$38/4 mtgs</b>
<b>770512</b>	<b>2/15-3/8</b>	<b>Sa</b>	<b>9:00-10:00am</b>	<b>\$38/4 mtgs</b>
<b>670513</b>	<b>3/10-3/31</b>	<b>M</b>	<b>2:00-3:00pm</b>	<b>\$38/4 mtgs</b>

\*No class 2/17

**PHYSICAL TRAINING**

Instructor: Judy Aprile

jijapriale@yahoo.com

**LOCATION: OASIS EVENT CENTER**

This light aerobics class targets cardiovascular conditioning, strength and flexibility. Activities are performed standing, moving and lying on the floor.

- Please bring exercise mat and hand towel.

Class #	Dates	Day	Time	Fee
670944	*12/2-12/11	MWF	8:00-9:00am	FREE/4 mtgs
<b>670911</b>	<b>*1/6-1/31</b>	<b>MWF</b>	<b>8:00-9:00am</b>	<b>\$38/11 mtgs</b>
<b>670912</b>	<b>*2/3-2/28</b>	<b>MWF</b>	<b>8:00-9:00am</b>	<b>\$32/9 mtgs</b>
<b>670913</b>	<b>*3/3-3/31</b>	<b>MWF</b>	<b>8:00-9:00am</b>	<b>\$38/11 mtgs</b>

\*No class 12/6, 1/20, 2/7, 2/12, 2/17, 3/7, 3/19

**Registration for all classes listed in BOLD will start Thursday, December 12 at 8:00am.**

## MELT METHOD

Instructor: Yvette Casal      meltwithyvette@gmail.com      714-520-1427

**LOCATION: OASIS DANCE ROOM**

### LEARN TO MELT

Learn the method behind MELT. Yvette will explain the four R's of MELT: reconnect, re-balance, re-hydrate, and release so you can develop a home practice and your own 10 minute MELT map to alleviate chronic pain brought about by dehydrated connective tissue. MELT products will be available for purchase.

- Bring a mat and water to drink.
- New to MELT? Please email Yvette once you register, meltwithyvette@gmail.com.

Class #	Dates	Day	Time	Fee
<b>670711</b>	<b>1/7-2/11</b>	<b>Tu</b>	<b>2:30-3:30pm</b>	<b>\$70/6 mtgs</b>
<b>670713</b>	<b>2/25-3/25</b>	<b>Tu</b>	<b>2:30-3:30pm</b>	<b>\$60/5 mtgs</b>

### MELT-A-THON

A MELT-a-thon class. Yvette guides you through the MELT map of the day. Glide, shear, and rinse yourself to better alignment, joint mobility, and better autopilot efficiency. Previous MELT experience is not necessary.

- Bring a mat, water, and your MELT rollers if you have them.

Class #	Dates	Day	Time	Fee
<b>670712</b>	<b>1/7-2/11</b>	<b>Tu</b>	<b>3:30-4:30pm</b>	<b>\$70/6 mtgs</b>
<b>670714</b>	<b>2/25-3/25</b>	<b>Tu</b>	<b>3:30-4:30pm</b>	<b>\$60/5 mtgs</b>

### DROP IN (No refunds)

670715	See above for class dates, days and times			\$20/1 mtg
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## NEW! PLANTAR FASCIITIS & FOOT HEALTH

Instructor: Kathryn Rollins      plumblines@hotmail.com      949-422-9834

**LOCATION: OASIS ROOM 5**

Plantar Fasciitis is the most common cause of heel pain and can be caused by tightness in your calf and foot. Don't feel pain when you get out of bed in the morning or stand too long. Instead be in control of your body and learn some positive things you can do to help prevent or stop this. Class is taught by a registered nurse.

- Material fees payable to instructor: \$9 for a massage ball and a resistance band. If you would like to use your own band, please contact the instructor before class. See above for contact info.

Class #	Dates	Day	Time	Fee
<b>870111</b>	<b>2/12</b>	<b>W</b>	<b>4:00-5:00pm</b>	<b>\$20/1 mtg</b>

## STRENGTHEN YOUR PELVIC FLOOR MUSCLES

Instructor: Kathryn Rollins      plumblines@hotmail.com      949-422-9834

**LOCATION: OASIS ROOM 5**

Come and learn about your pelvic floor muscles and some techniques that can help strengthen them so incontinence can be minimized or avoided.

Class #	Dates	Day	Time	Fee
<b>671411</b>	<b>1/22-1/29</b>	<b>W</b>	<b>4:00-5:00pm</b>	<b>\$30/2 mtgs</b>

## PICKLEBALL

Facilitator: Newport Coast Staff

949-270-8100

**LOCATION: NEWPORT COAST COMMUNITY CENTER**

**6401 SAN JOAQUIN HILLS ROAD, NEWPORT COAST**

Pickleball is a racquet sport which combines elements of tennis, badminton and table tennis. Pickleball is easier than tennis and doesn't require much running, but is a great fitness workout because of the constant movement. Even with little experience, anyone can enjoy this quick, fast paced, competitive sport. There are three indoor courts for doubles play. A partner is not required. Paddles & indoor balls available. All skill levels welcome; beginners are encouraged to attend on Fridays. No registration deadline: Pay and Play! Drop-in cards may be purchased online, at City Hall, NCCC or OASIS. First time is free! For more information, please call 949-270-8100.

Registration	Dates	Day	Time	Fee
Not required	1/6-3/28	M/F	12:30-3:00pm	\$3/1 visit

## STRENGTH TRAINING

Instructor: Keith Glassman

keith.glassman@gmail.com

**LOCATION: OASIS EVENT CENTER**

Using bands and light hand weights, this class helps maintain or improve bone density as it tones, strengthens and stretches muscles throughout the body.

- Bring a mat.

Class #	Dates	Day	Time	Fee
671341	*11/26-12/19	Tu/Th	8:00-9:00am	\$60/7 mtgs
671342	12/3-12/12	Tu/Th	8:00-9:00am	\$35/4 mtgs
<b>671211</b>	<b>1/7-1/30</b>	<b>Tu/Th</b>	<b>8:00-9:00am</b>	<b>\$65/8 mtgs</b>
<b>671212</b>	<b>1/7-1/16</b>	<b>Tu/Th</b>	<b>8:00-9:00am</b>	<b>\$35/4 mtgs</b>
<b>671213</b>	<b>1/21-1/30</b>	<b>Tu/Th</b>	<b>8:00-9:00am</b>	<b>\$35/4 mtgs</b>
<b>671214</b>	<b>2/4-2/27</b>	<b>Tu/Th</b>	<b>8:00-9:00am</b>	<b>\$65/8 mtgs</b>
<b>671215</b>	<b>2/4-2/13</b>	<b>Tu/Th</b>	<b>8:00-9:00am</b>	<b>\$35/4 mtgs</b>
<b>671216</b>	<b>2/18-2/27</b>	<b>Tu/Th</b>	<b>8:00-9:00am</b>	<b>\$35/4 mtgs</b>
<b>671217</b>	<b>3/4-3/27</b>	<b>Tu/Th</b>	<b>8:00-9:00am</b>	<b>\$65/8 mtgs</b>
<b>671218</b>	<b>3/4-3/13</b>	<b>Tu/Th</b>	<b>8:00-9:00am</b>	<b>\$35/4 mtgs</b>
<b>671219</b>	<b>3/18-3/27</b>	<b>Tu/Th</b>	<b>8:00-9:00am</b>	<b>\$35/4 mtgs</b>

\*No class 11/28

## THE STRONG AND HEALTHY SHOULDER

Instructor: Kathryn Rollins

plumblines@hotmail.com

949-422-9834

**LOCATION: OASIS ROOM 5**

Injury, pain and immobility do not have to be a part of the aging process. Learn how your shoulders work, why they are vulnerable to injury and how they can be impacted by your posture, and understand the role of stretching and exercise in either maintaining shoulder health or rebalancing the already vulnerable shoulder. This class is taught by a nurse who specializes in injury management and prevention.

- Material fees payable to instructor: \$8 for exercise cards; \$4 for a resistance band. If you would like to use your own band, please contact the instructor before class. See above for contact info.

Class #	Dates	Day	Time	Fee
<b>672411</b>	<b>3/12-3/19</b>	<b>W</b>	<b>4:00-5:00pm</b>	<b>\$30/2 mtgs</b>



**ZUMBA GOLD® DANCE FITNESS**

Instructor: CS Dance Factory Info@CSDanceFactory.com 949-230-5934

**LOCATION: OASIS DANCE ROOM****SPECIAL EVENT: ROCK IN THE NEW YEAR WITH ZUMBA®**

Join us while we rock in the New Year with Zumba! If you've ever been curious about Zumba, this is a great way to check it out at this fun, one-day event. Get hooked on Zumba with easy-to-follow, low-impact dance steps to sizzlin' hot contemporary and Latin music. Party in the New Year dancing with friends! Held at the Newport Coast Community Center, 6401 San Joaquin Hills Road, Newport Coast.

- Bring water bottle, Wear athletic shoes
- To earn extra raffle tickets: Pre-register, Bring a friend, and wear Black 'n White or Glitz & Sparkle for fun!

Class #	Dates	Day	Time	Fee
NCC159	1/4	Sa	9:00-10:30am	\$10/1 mtg

**ZUMBA GOLD® DANCE FITNESS**

The dance party workout for the young at heart. Zumba Gold®: Groovin' at your own pace; beginner and intermediate modifications shown. Easy-to-follow, low-impact dance steps to zesty Latin and international music. Meet new friends while moving and having fun! Improve balance, strength and mobility. Our motivating instructors will uplift and energize you. Now is a good time to feel great!

- See bottom of this column for the dates when class will not be held.
- Check out the Unlimited Discount: 6 classes/week for the price of 2! Includes Gold-Toning. Ultimate flexibility!

Class #	Dates	Day	Time	Fee
672011	*1/6-2/10	M	9:00-10:00am	\$48/5 mtgs
772011	1/7-2/11	Tu	5:30-6:30pm	\$55/6 mtgs
672012	1/8-2/12	W	9:00-10:00am	\$55/6 mtgs
672013	1/9-2/13	Th	9:00-10:00am	\$55/6 mtgs
772012	1/9-2/13	Th	5:00-6:00pm	\$55/6 mtgs
672014	2/24-3/24	M	9:00-10:00am	\$48/5 mtgs
672013	2/25-3/25	Tu	5:30-6:30pm	\$48/5 mtgs
672015	2/26-3/26	W	9:00-10:00am	\$48/5 mtgs
672016	2/27-3/27	Th	9:00-10:00am	\$48/5 mtgs
772014	2/27-3/27	Th	5:00-6:00pm	\$48/5 mtgs

Unlimited pricing listed at the bottom of this column

**ZUMBA® GOLD-TONING (see below for fees)**

This class offers the best of both worlds: the exhilarating experience of a Zumba® Fitness-Party with the benefits of effective strength training. Through dynamic lightweight resistance training and exciting international rhythms, Zumba® Gold-Toning classes help participants build muscle strength, increase bone density and improve mobility, posture and coordination. Toning sticks optional.

Class #	Dates	Day	Time	Fee
672111	1/10-2/14	F	9:00-10:00am	\$55/6 mtgs
672112	2/28-3/28	F	9:00-10:00am	\$48/5 mtgs

**UNLIMITED ZUMBA GOLD® OPTIONS (See above for class days and times)**

Unlimited includes all Zumba Gold® & Gold-Toning classes, make-ups built in				
672211	*1/6-3/28		\$180 (Entire winter season)	
672212	*1/6-2/14		\$105 (1st half of winter season)	
672213	2/24-3/28		\$95 (2nd half of winter season)	

**MODIFIED UNLIMITED ZUMBA GOLD® OPTIONS**

Tues, Thurs, and Friday classes only, make-ups built in. See above for days and times.

672214	*1/6-3/28		\$175 (Entire winter season)	
672215	*1/6-2/14		\$100 (1st half of winter season)	
672216	2/24-3/28		\$90 (2nd half of winter season)	

**DROP IN (No refunds)**

672217	See above for class dates, days and times			\$15/1 mtg
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\*No class 1/20, 2/17-2/21

Registration for all classes listed in BOLD will start Thursday, December 12 at 8:00am.

**TAI CHI**

Instructor: Diana Wong

dianawong2001@yahoo.com

**LOCATION: OASIS EVENT CENTER**

Being one of the most effective, widely practiced body and mind exercises in the world, the continuous circular, gentle movements of Tai Chi create a powerful flow of energy that will enhance physical health and cultivate tranquility and harmony in your mind. This class provides step by step instruction for Tai Chi Qigong 18 movements. For clarification on style, please email the instructor.

- Beginners are welcome.
- Please wear comfortable clothing and low flat-soled shoes (no denim or flip flops).

Class #	Dates	Day	Time	Fee
671511	1/9-3/13	Th	9:30-10:30am	\$63/10 mtgs

**BALANCE & CHAIR FITNESS****CHAIR EXERCISE**

Instructor: Judy Aprile

jjjapril@yahoo.com

**LOCATION: OASIS EVENT CENTER**

Build upper and lower body strength; increase flexibility; improve postural alignment and coordination. All exercises are performed seated.

Class #	Dates	Day	Time	Fee
670244	*12/2-12/11	MW	9:30-10:30am	FREE/4 mtgs
670211	*1/6-1/29	MW	9:30-10:30am	\$26/7 mtgs
670212	*2/3-2/26	MW	9:30-10:30am	\$23/6 mtgs
670213	*3/3-3/31	MW	9:30-10:30am	\$29/8 mtgs

\*No class 1/20, 2/12, 2/17, 3/19

**CHAIR ZUMBA®**

Instructor: CS Dance Factory

Info@CSDanceFactory.com

949-230-5934

**LOCATION: OASIS ROOM 1A**

Chair Zumba® exercise has simple, easy movements to increase strength and flexibility in your arms, legs and core muscles. Enjoy listening to fun Latin music and have a joyful time moving with our uplifting instructor. Stimulate your brain when you learn some basic Latin rhythms and simple steps that can be done in the chair. All exercises are performed seated. Great for injury recovery, too.

- Bring water & towel.
- Prospective parties may try one class for free.
- Free demo class (registration is required)

**Friday, Jan 10, 11:15-12:00noon. Use #670311.**

Class #	Dates	Day	Time	Fee
670312	1/17-2/14	F	11:15-12:00noon	\$30/5 mtgs
670313	2/28-3/28	F	11:15-12:00noon	\$30/5 mtgs

# Classes & Activities

## FALLPROOF®

Instructor: Danielle Hernandez

626-297-5938

**LOCATION: OASIS ROOM 1A**

This class is a structured and progressive program designed to improve balance and reduce fall risk. Developed and researched at CSU Fullerton Center for Successful Aging, the FallProof® program has been proven to reduce the risk of falling in participants who've completed one or more rotations of the program.

- All students are required to complete a 30 minute balance assessment in order to obtain a permission slip to register. The instructor will assign each student into one of the classes listed below based on the results of the balance assessment. In order to schedule a balance assessment, please call instructor Danielle Hernandez at (626) 297-5938.
- Candidates for this program must be able to safely walk a distance of 200 feet without the use of any assistive device (cane or walker).
- This program is not appropriate for people with memory loss or cognitive impairment that could adversely impact judgment and/or decision-making abilities.

Class #	Dates	Day	Time	Fee
670411	*1/6-3/7	M/F	2:30-3:30pm	\$185/16 mtgs

\*No class 1/20, 2/17

## FUNCTIONAL FITNESS

Instructor: Judy Aprile

jijapril@yahoo.com

**LOCATION: OASIS ROOM 2**

This Coastline College Special Programs class is for older adults with a verifiable medical diagnosis, who would benefit from adaptive strength and flexibility exercises. Activities are performed seated and standing (based on individual ability).

- Students must have a verifiable physical disability.
- Registration through Coastline College is required. Please call Coastline at (714) 241-6214 for Coastline registration form.

Registration	Dates	Day	Time	Fee
See above	*1/27-5/19	M	11:00am-12:30pm	FREE

\*No class 2/17, 3/24

## FLEXIBILITY & YOGA

### BARRE STRETCH & STRENGTH

Instructor: CS Dance Factory Info@CSDanceFactory.com

949-230-5934

**LOCATION: OASIS DANCE ROOM**

Live longer, get stronger! Standing at the barre for the whole class, you will be led through easy-to-follow, head-to-toe exercises that are effective and fun. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres to get a unique workout.

- Free demo class (registration is required)

**Friday, Jan 10, 10:15-10:45am. Use #670111.**

Class #	Dates	Day	Time	Fee
670112	1/17-2/14	F	10:15-11:00am	\$50/5 mtgs
670113	2/28-3/28	F	10:15-11:00am	\$50/5 mtgs

**DROP IN (NO REFUNDS)**

670114	See above for class dates, days and times	\$15/1 mtg
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**Registration for all classes listed in BOLD will start Thursday, December 12 at 8:00am.**

## BREATHING AND MEDITATION

Instructor: Lizzie Harte Rodgers

949-922-2761

**LOCATION: OASIS DANCE ROOM**

Improve your health, connect with your body and calm your mind in Breathing and Meditation. Benefits of this class include better sleep and balanced emotions. "Affect the exterior by working on the interior."

Class #	Dates	Day	Time	Fee
770111	1/9-2/6	Th	6:30-7:30pm	\$40/5 mtgs
770112	2/27-3/27	Th	6:30-7:30pm	\$40/5 mtgs

## PILATES

Instructor: Kathryn Rollins

plumblines@hotmail.com

949-422-9834

**LOCATION: OASIS DANCE ROOM**

Designed with flexibility and strength in mind, these gentle Pilates classes are also a great way to get informed about your body. Taught by a nurse, who is also a certified Pilates instructor; all bodies are welcome. Just bring a mat and come ready to enjoy the class.

Class #	Dates	Day	Time	Fee
<b>BEGINNING</b>				
671011	1/14-2/11	Tu	8:45-9:45am	\$77/5 mtgs
771011	1/15-2/12	W	5:30-6:30pm	\$77/5 mtgs
671012	2/25-3/25	Tu	8:45-9:45am	\$77/5 mtgs
771012	2/26-3/26	W	5:30-6:30pm	\$77/5 mtgs

**BEGINNING/INTERMEDIATE**

671013	1/16-2/13	Th	10:30-11:30am	\$77/5 mtgs
671014	2/27-3/27	Th	10:30-11:30am	\$77/5 mtgs

**DROP IN (NO REFUNDS)**

671111	See above for class dates, days and times	\$20/1 mtg
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## IYENGAR YOGA

Instructor: Carolyn Matsuda

cmats84@msn.com

714-388-4328

**LOCATION: OASIS ROOM 1**

Basic standing, seated, back bending, upside down and resting poses will be taught. Emphasis will be placed on alignment and precise actions. Props will be used as needed. You will gain strength, flexibility and peace of mind. Instructor is Iyengar Yoga certified.

- Interested parties may attend the first class of the session for free.
- Bring a sticky mat and 3 firm blankets. Students generally spend about \$45-\$60 on these items. More details will be given the first day of class.

Class #	Dates	Day	Time	Fee
670611	*1/6-2/13	M/Th	10:00-11:15am	\$105/10 mtgs
670612	*1/6-2/10	M	10:00-11:15am	\$60/5 mtgs
670613	*1/9-2/13	Th	10:00-11:15am	\$60/5 mtgs
670614	2/24-3/27	M/Th	10:00-11:15am	\$105/10 mtgs
670615	2/24-3/24	M	10:00-11:15am	\$60/5 mtgs
670616	2/27-3/27	Th	10:00-11:15am	\$60/5 mtgs

\*No class 1/20, 1/23, 2/17, 2/20



**Registration for all classes listed in BOLD will start Thursday, December 12 at 8:00am.**

## YOGA BLEND

Instructor: Sandy Farr healthwave@cox.net 949-378-8014 949-786-0736

### LOCATION: OASIS DANCE ROOM

If you have done yoga in the past and miss it, if you used to be active or athletic but life took you away, if career or illness interrupted your life, this program will get you back on track. Regain your strength, flexibility, coordination, sense of self and zest for life. Prepare for fun while increasing your health.

- No food two hours prior to class.
- Bring mat, two blankets and a smile!

Class #	Dates	Day	Time	Fee
<b>GENTLE PACE</b>				
671611	1/8-2/5	W	2:00-3:15pm	\$90/5 mtgs
671612	1/10-2/7	F	2:00-3:30pm	\$90/5 mtgs
671613	2/12-3/19	W	2:00-3:15pm	\$108/6 mtgs
671614	2/14-3/21	F	2:00-3:30pm	\$108/6 mtgs
<b>REGULAR PACE</b>				
771711	*1/6-2/3	M	5:00-6:30pm	\$68/4 mtgs
671711	1/8-2/5	W	3:30-5:00pm	\$90/5 mtgs
771712	*2/10-3/19	M	5:00-6:30pm	\$90/5 mtgs
671712	2/12-3/19	W	3:30-5:00pm	\$108/6 mtgs

### ATTEND CLASS 2 TIMES/WEEK (See above for class days and times)

671811	*1/6-2/7	\$120/8 mtgs		
671812	*2/10-3/21	\$175/12 mtgs		

### ATTEND CLASS 3 TIMES/WEEK (See above for class days and times)

671813	*1/6-2/7	\$175/12 mtgs		
671814	*2/10-3/21	\$250/18 mtgs		

### DROP IN (NO REFUNDS)

671911	See above for class dates, days and times	\$25/1 mtg		
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\*No class 1/20, 2/17

## OUTDOOR FITNESS

## GOLF

Leader: Daryle Johnson djviv@cox.net 949-854-7573

Group plays at four different courses. Reservations are required!

- Mon: Costa Mesa-Los Lagos, \$33, long & challenging, par 72.
- Wed: Fountain Valley-Mile Square Classic Course, \$38 + \$45 annual senior card, long & challenging.
- Wed: Costa Mesa- Mesa Linda, \$26, par 70.
- Fri: Fountain Valley-Mile Square Players Course \$40 + \$45 annual senior card, long & challenging.
- Cart fees vary. Average cost is \$12 per person.

Registration	Dates	Day	Time	Fee
RSVP Required	Ongoing	MWF	Check-in times vary	See above



## SAILING

### LOCATION (MEETING ONLY): OASIS ROOM 1

Enjoy sailing on our Catalina 34, the newest member of the OASIS Sailing Club's fleet, or aboard our Hunter 326. Both offer Sailing Club members an opportunity to be at the helm, trim the sails, and relax and have fun during day sailing trips in the blue Pacific. Day sailings are scheduled at the monthly meeting. After the meeting, members set up sailing dates by contacting the Skipper shown on the schedule, (available online, Google "OASIS Sailing Club"). Call Membership Chair Rick Anderson at 714-693-9414 for membership details and fees.

Registration	Dates	Day	Time	Fee
Not Required	12/18	W	1:30-3:30pm	See above

## TRAIL TREKKIES

Leader: Shelly Dobkins

949-723-9181

### LOCATION: SEE BELOW

This group meets on the 2nd Wednesday of every month. This group does not meet in December.

Registration	Dates	Day	Time	Fee
Not Required	Dark in Dec	W	11:00am	FREE

## Music & Dancing

## BALLET

Instructor: Michelle Zehnder Caumiant

mcaumiant26@gmail.com

### LOCATION: OASIS DANCE ROOM

Come and join us in learning the graceful beautiful movements of ballet. We will work on strength, flexibility, coordination and balance through this time-tested successful form of dance. It is a chance to express and share your creative side through non-stressful movements in a relaxed and supportive classroom environment. Please wear comfortable clothing and shoes. Ballet shoes are best.

Class #	Dates	Day	Time	Fee
620111	1/14-3/18	Tu	11:30-12:30pm	\$85/10 mtg

# Classes & Activities

## DANCE AND STRETCH- NIA

Instructor: Marilyn Tradewell, M.A. marilyn@tradewell.info 949-400-3103

**LOCATION: OASIS ROOM 1A**

What if you could dance while stretching, and stretch while dancing? Combine carefully selected movements and concepts from modern dance, yoga, Tai Chi and other movement forms to music. Benefit from the total-body cardiovascular conditioning of dance and creative stretching. Play with a variety of therabands, scarfs, balls, leaving you graceful, strong, balanced, grounded and energized.

- Bring a mat.
- Free demo classes (registration is required)

**Wednesday, Jan 15, 10:30-11:30am. Use #670811.**

**Wednesday, Feb 19, 10:30-11:30am. Use #670812.**

Class #	Dates	Day	Time	Fee
670813	1/22-2/12	W	10:30-11:30am	\$38/4 mtgs
670814	2/26-3/19	W	10:30-11:30am	\$38/4 mtgs

## HULA

Instructor: Marianne Ripley 949-642-8737

**LOCATION: OASIS DANCE ROOM**

Learn this beautiful, expressive dance.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M	11:00-12:00noon	FREE

## DANCE WORKSHOP

Instructor: Michelle Zehnder Caumiant mcaumiant26@gmail.com

**LOCATION: OASIS DANCE ROOM**

This dance workshop incorporates many styles of dance seen on stage and television. You will warm up with a ballet barre and then we will work on choreography using a variety of dance styles. This is a great opportunity for you to develop a unique repertoire of dances in a fun and friendly workshop atmosphere.

Class #	Dates	Day	Time	Fee
720111	1/18-3/22	Sa	11:00-12:30pm	\$135/10 mtg

## LINE DANCING

Instructor: Suzy Hazard 714-437-1419

**LOCATION: OASIS DANCE ROOM**

Learn new dances and old favorites while improving your fitness level.

Class #	Dates	Day	Time	Fee
<b>LEVEL 1</b>				
620311	1/9-3/13	Th	1:00-1:55pm	\$62/10 mtgs
<b>LEVEL 2</b>				
620312	1/9-3/13	Th	2:00-2:55pm	\$62/10 mtgs
<b>LEVEL 3</b>				
620313	1/9-3/13	Th	3:00-4:00pm	\$62/10 mtgs
<b>COMBO CLASS: LEVEL 1 &amp; 2</b>				
620314	1/9-3/13	Th	1:00-2:55pm	\$74/10 mtgs
<b>COMBO CLASS: LEVEL 2 &amp; 3</b>				
620315	1/9-3/13	Th	2:00-4:00pm	\$74/10 mtgs

**Registration for all classes listed in BOLD will start Thursday, December 12 at 8:00am.**

## JAZZ DANCING- BEGINNING

Instructor: Michelle Zehnder Caumiant mcaumiant26@gmail.com

**LOCATION: OASIS DANCE ROOM**

Both men and women may join this class. Have fun while improving strength, stamina, flexibility, balance and coordination. We will be dancing to a variety of music that will inspire you to get up and move. Whether it's Broadway, movies or television, past or present, this style has a lot of diversity and is a blast. Bring your "let's get busy" attitude while you are invigorated by dancing.

- Please wear jazz or soft shoes.

Class #	Dates	Day	Time	Fee
620211	1/14-3/18	Tu	12:40-1:40pm	\$85/10 mtg

## OASIS SING ALONG

Instructor: Nancy Johnson

**LOCATION: OASIS EVENT CENTER**

Join a group of music aficionados who love to sing together, harmonize and learn new tunes. Join in and sing with us!

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Th	1:00-3:00pm	FREE

## SING & PICK HOOTENANNY GROUP

Facilitator: Mac MacAdam mnmacadam@sbcglobal.net 949-644-6180

**LOCATION: OASIS ROOM 5**

Join in fun singing and playing of American folk, bluegrass, country, blues and gospel songs. Accompany yourself with your acoustic guitar or dobro (non amplified), using basic chords. Beginners to advanced folks are welcome as are banjo, mandolin, fiddle or bass players. Regular attendance is not required. Come when you can. Visit us on any Friday!

- For further information, please call or email Mac (Contact info listed above)

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	F	1:00-3:00pm	FREE

## UKULELE

Instructor: Tony Cappa 949-492-1700

**LOCATION: OASIS EVENT CENTER**

This group meets weekly to practice and play together.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M	1:00-3:00pm	FREE

## UKULELE WORKOUT

Instructor: Maryann Ripley 949-642-8737

**LOCATION: OASIS EVENT CENTER A**

Have fun playing the ukulele and singing as a group. Learn new songs and chords. Everyone is welcome, beginner to advanced.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu	10:00-11:30am	FREE



## Enrichment

### NEW! CALIFORNIA SCENE PAINTING

Instructor: Diane Ryan

dianeryan2010@yahoo.com

**LOCATION: OASIS ROOM 2B**

*This is an art history class.* The late 1920s & early 1930s saw a dramatic change in the art scene. Many of the major artists came from Southern California and they took watercolor painting to a new dimension. A few of the artists to be discussed include Rex Brandt, Phil Dike and Millard Sheets. A field trip will be included.

- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
610711	3/6-3/27	Th	9:30-11:30am	\$40/4 mtgs

### NEW! MOVERS & SHAKERS OF OC HISTORY

Instructor: Diane Ryan

dianeryan2010@yahoo.com

**LOCATION: OASIS ROOM 2B**

Come learn about some of the people who have helped to shape Orange County. We'll travel back to the Rancho era and work up to the present. James Irvine, Henry Segerstrom, Walt Disney & Donald Bren are a few of those to be included. There may be a fieldtrip.

- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
683111	2/13-3/20	Th	1:30-3:30pm	\$55/6 mtgs

### BOOK DISCUSSION GROUP

**LOCATION: NEWPORT BEACH CENTRAL LIBRARY, 1000 AVOCADO**

This book group meets every 2nd Wednesday of the month. Read the book and join the group discussion. This month's book: *Rules of Civility* by Amor Towles.

Registration	Dates	Day	Time	Fee
Not Required	12/11	W	9:15-11:00am	FREE

### INFORMAL BOOK GROUP

Leader: Phyllis Scheffler

**LOCATION: OASIS ROOM 1A**

Enjoy sharing and discussing a variety of stimulating books in a relaxed setting on the first Wednesday of each month. This month's reading topic: humor (non-fiction).

Registration	Dates	Day	Time	Fee
Not Required	12/4	W	10:00-12:00noon	FREE

### GARDEN CLUB

Leader: Bob Rafalovich

rafalovich@daisydogpro.com

**LOCATION (MEETING ONLY): OASIS ROOM 4**

This club meets the 1st Saturday of the month and has a speaker on gardening at each meeting. Come and join us learning about gardening and visit our website at [www.oasisgardenclub.com](http://www.oasisgardenclub.com).

Registration	Dates	Day	Time	Fee
Not Required	12/7	Sa	9:00-11:00am	Mtg is free

### COOKING WITH CHEF SUSAN

Instructor: Chef Susan Miller

healthyone5@aol.com

**LOCATION: OASIS EVENT CENTER C**

**Course 683011: Lighter, Quicker, Better: Cooking for the Way We Eat Today.**

Innovative recipes that are lighter in fat, quicker to prepare, and better tasting than you ever thought possible! Short on time, longing for flavor and striving for culinary virtue, today's harried cooks will welcome this class. You will enjoy recipes that have been trimmed of fat but not robbed of flavor. This class will focus on using fresh ingredients such as citrus zest, herbs and spices, roasted vegetables and low-fat "old favorites". Parmesan Baked chicken, glazed pork tenderloin, and Brazilian Black Bean stew are just some of the favorites you will learn to cook.

**Course 683012: Quinoa Classics**

Learn how to cook quinoa as a main dish, side dish and dessert. Small, round, and a good source of protein, iron, and fiber, quinoa is a quick and flavorful way to get in a serving of whole grains. Quinoa has come a long way in the last few years. From health stores to the mainstream, its high protein content and delicate texture have made it a popular substitute for starchier pasta and rice.

**Course 683013: Everyday Stir-Fry Made Easy!**

Learn how to stir-fry all kinds of cuisine. From Mexican to Italian to Asian, stir-fry is just a method of cooking healthy! Explore the many styles of stir-frying using different techniques.

- \$20 material fee payable to instructor for each two week session.

Registration	Dates	Day	Time	Fee
683011	1/14-1/21	Tu	2:00-4:00pm	\$35/2 mtgs
683012	2/4-2/11	Tu	2:00-4:00pm	\$35/2 mtgs
683013	3/4-3/11	Tu	2:00-4:00pm	\$35/2 mtgs

### CURRENT EVENTS DISCUSSION

Facilitator: Ginger Hayter

949-813-0377

**LOCATION: OASIS LIBRARY**

Join this group to openly discuss current events in a friendly setting. Topics will include news, magazines, and movies. Participants are asked to bring an article to share with the group. From time to time, a speaker may speak on a special topic.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M	5:00-7:00pm	FREE

### FINANCIAL FORUM

Facilitator: Jim Sutter

jimsutter@aol.com

**LOCATION: ROOM 4**

The group meets on the first Thursday of the month. This month, our speaker will provide several strategies to guide year-end trades and investment options. We'll have an update on the four issues that overhang the market including the continuing crises in the Middle East, the budget debate, the postponed debt reduction negotiations, and the transition at the Federal Reserve. We'll also discuss some of the issues related to the ACA rollout. Come prepared with your year-end investing questions, strategies, and ideas that seem to be working.

Registration	Dates	Day	Time	Fee
Not Required	12/5	Th	3:00-5:00pm	FREE

# Classes & Activities

## DRIVER SAFETY (AARP)

**LOCATION: OASIS ROOM 2B**

This eight-hour class covers defensive driving strategies, new traffic laws, rules of the road, car control, driving skills/techniques, preparation for written test/DMV test questions, how to tell if you should give up driving and even how to get around when you no longer drive. Some insurance companies offer a three year discount on auto insurance upon completion of this course.

- **YOU MUST ATTEND CLASS BOTH MONDAY AND WEDNESDAY TO COMPLETE THE COURSE.**
- In-person, advance registration only.
- Checks only, made payable to AARP.
- **Fee: \$15 AARP members; \$20 non-members.**
- No class in December

Registration	Dates	Day	Time	Fee
See above	1/27 & 1/29	M/W	2:00-6:00pm	See above

## FOREIGN AFFAIRS DISCUSSION

Facilitator: Ginger Hayter

949-813-0377

**LOCATION: OASIS LIBRARY**

This group meets on the 3rd Thursday of the month to discuss changes taking place in the world and in our country's foreign relations.

Registration	Dates	Day	Time	Fee
Not Required	Dark in Dec	Th	1:00-3:00pm	FREE

## LET'S GO TRIPPIN': TRAVEL FILM SERIES

Host: Duke Libby

shiladuke@cox.net

949-759-0055

**LOCATION: OASIS EVENT CENTER**

This month's topic: Cruising Down the Danube. Accompany Harvey & Barbara Gershenson as they celebrate their 50th anniversary cruising this fabled river that winds through some of Europe's most picturesque country. We visit Budapest, Vienna, Salzburg, and Prague among others. Isn't this romantic?

Registration	Dates	Day	Time	Fee
Not Required	12/11	W	7:00-8:00pm	FREE



**Registration for all classes listed in BOLD will start Thursday, December 12 at 8:00am.**

## WOMEN'S WISDOM

Facilitator: Barbara Stern

barbaras@cox.net

**LOCATION: OASIS ROOM 3**

Celebrate your time of life and find common ground with other amazing women who are each on their own journey! Join our discussion group and enjoy stimulating conversation, become more knowledgeable about changing lifestyle issues and what is possible at this stage of our lives! Connect with interesting women! Discover new perspectives! Have a good time!

- **Space is limited. Please email the facilitator (listed above) to sign up.**

Registration	Dates	Day	Time	Fee
RSVP Required	*1/8-2/26	W	3:30-5:00pm	FREE/6 mtgs

\*No meeting 1/29, 2/19

## WRITING ROUNDTABLE GROUP

Facilitator: Sandy Johnson

sandyjohnson314@gmail.com

**LOCATION: OASIS ROOM 5**

The class is dedicated to improving writing skills by presenting readings, then receiving critiques. Authors may bring prepared material, double spaced, with a copy for each attendee. A classroom copy machine is available. Content may include short stories, personal essays, a magazine article or poem. Reading time depends upon class attendance. Please visit our interesting group.

Registration	Dates	Day	Time	Fee
RSVP Required	Ongoing	W	1:00-3:00pm	FREE

## WORLD CINEMA

Instructor: Kathryn Kramer

kkramer@ivc.edu

**LOCATION: OASIS EVENT CENTER C**

This course uses worldwide cinema from recent decades to examine the global medium of narrative film and emphasize the director's role. This session we explore art direction within period pieces and contemporary movies.

- **Free demo class (registration is required):**  
**Tuesday, Jan 7, 4:00-7:00pm. Use 683511. We will screen "Temptress Moon," 1996 China.**

### Winter Film Schedule:

- 1/14 "The Namesake" 2006 India/USA
- 1/21 "Remember Me, My Love" 2003 Italy
- 1/28 "Days of Heaven" 1978 USA
- 2/4 "Far from Heaven" 2002 USA
- 2/11 "Camille Claudel" 1988 France
- 2/18 "Coco Avant Chanel" 2009 France
- 2/25 "Bride Flight" 2008 Holland/New Zealand
- 3/4 "Women in Love" 1969 UK
- 3/11 "The White Countess" 2005 UK/China
- 3/18 "Blade Runner" 1982 USA

Class #	Dates	Day	Time	Fee
683512	1/14-3/18	Tu	4:00-7:00pm	\$50/10 mtgs
<b>DROP IN (NO REFUNDS)</b>				
683513	See above for class dates, days and times			\$8/1 mtg

## MIND FITNESS FUN

Facilitator: Pat Glavin

mybbc@hotmail.com

**LOCATION: OASIS ROOM 4**

This program uses neurobic challenges (new and unique activities that utilize your senses) to improve mental fitness and memory development. Students will have fun with memory, focus, and listening activities, partnering, languages, rhythm, meditation, balance, and more. This free program is sponsored by the Friends of OASIS.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	F	1:00-2:00pm	FREE

## WRITING YOUR LIFE STORIES

Instructor: Bertel Mahoney

949-496-7289

**LOCATION: OASIS ROOM 5**

- **Free introductory session "Leaving a Legacy: Treasure Beyond Measure," Jan 13, 1:00-2:00pm. Please call OASIS at (949) 644-3244 to RSVP.**

### INTRODUCTION

Have you ever wanted to write about your life, but wondered how to get started, how to keep going, and whether it's even worth it in the first place? In this class, you will learn how to turn the crazy, sad and wonderful stuff of your life into stories that have order, clarity and meaning. This introductory workshop will embolden you as a writer and provide practical guidelines for incorporating writing into your everyday life. With opportunities for giving and receiving feedback, you will learn how to prepare your stories for the benefit of future generations—possibly your greatest legacy. No writing experience necessary.

Class #	Dates	Day	Time	Fee
683311	1/14-3/4	Tu	10:00-12:00noon	\$130/8 mtgs

### CONTINUATION

With the basics in place, participants will continue to write their life stories and refine their writing with emphasis on the elements of style.

- Prerequisite: Writing Your Life Stories- Introduction.
- Group is limited to 10 participants.

Class #	Dates	Day	Time	Fee
683312	1/14-3/4	Tu	1:00-3:00pm	\$130/8 mtgs

## Foreign Language

### FRENCH

#### ADV. STUDIES IN FRENCH LITERATURE

Instructor: Danielle Wilson

949-675-5182

**LOCATION: OASIS ROOM 2B**

Class is conducted exclusively in French. Literature will include classic and modern novels, short stories and poems. Classroom activities center on spontaneous classroom and small-group discussions, reading aloud, dictations, and grammar review as needed.

Class #	Dates	Day	Time	Fee
685011	1/8-3/26	W	10:00am-12:00noon	\$65/12 mtgs

## ADVANCED FRENCH READING & DISCUSSION

Instructor: Danielle Wilson

949-675-5182

**LOCATION: OASIS ROOM 2A**

Conducted exclusively in French, reading and discussion will be on a variety of topics. Spontaneous discussion will follow the reading of current articles. A maximum of 12 students will permit each person an opportunity to speak often, practicing and improving his or her fluency in French.

Class #	Dates	Day	Time	Fee
685111	1/9-3/27	Th	10:00am-12:00noon	\$65/12 mtgs

## FRENCH CAFE

Instructor: Sabine Abourjaily

949-463-4630

**LOCATION: OASIS ROOM 4**

Class will emphasize verbal communication with an introduction to basic written expressions, development of reading and vocabulary skills.

Registration	Dates	Day	Time	Fee
Not Required	*Ongoing	M	10:00am-12:00noon	FREE

\*No class 12/16, 12/23

## FRENCH- INTERMEDIATE

Instructor: Joe Edberg

949-760-3167

**LOCATION: OASIS ROOM 5**

Emphasis is on French conversation and reading.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M	10:00am-12:00noon	FREE

## GERMAN & ITALIAN

### GERMAN- ADVANCED

Instructor: Antonia Burleigh

**LOCATION: OASIS ROOM 4**

Emphasis is on grammar, conversation and translation for the advanced student.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Th	10:00am-12:00noon	FREE

### ITALIAN- BEGINNING

Instructor: Fausta Vitali

fausta1@cox.net

**LOCATION: OASIS ROOM 2B**

You will learn the basics of the Italian language, some grammar but mostly lots of vocabulary to make travel to Italy more comfortable and fun! You will learn not only the language but also the customs and way of life in Italy. At the end of the five classes you will receive a CD that covers all the material you learned during the course.

- \$10 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
685211	1/23-2/20	Th	9:30-11:00am	\$75/5 mtgs

Foreign Language classes continue on page 18



# Classes & Activities

Registration for all classes listed in **BOLD** will start Thursday, December 12 at 8:00am.

## ITALIAN- INTERMEDIATE

Instructor: Fausta Vitali

fausta1@cox.net

**LOCATION: OASIS ROOM 2B**

A follow-up to the beginning class, this class will expand your knowledge of the language. We will touch on verbs in their infinitive form and put phrases together to help you be comfortable when trying to express yourself. Arrivederci e presto.

- Optional \$10 material fee payable to instructor if you would like a CD of course material.

Class #	Dates	Day	Time	Fee
<b>685711</b>	<b>1/23-2/20</b>	<b>Th</b>	<b>11:00-Noon</b>	<b>\$75/5 mtgs</b>

## SPANISH

### SPANISH- BASIC

Instructor: Nida Fernandez, Ph.D.

nidit@att.net

**LOCATION: OASIS ROOM 5**

Introduction to pronunciation and basic grammar including genders, articles and basic conversation. Cost of materials to be announced.

Class #	Dates	Day	Time	Fee
<b>685411</b>	<b>*1/13-3/17</b>	<b>M</b>	<b>3:00-4:30pm</b>	<b>\$30/8 mtgs</b>

\*No class 1/20, 2/17

### SPANISH- INTERMEDIATE

Instructor: Nida Fernandez, Ph.D.

nidit@att.net

**LOCATION: OASIS ROOM 5**

Intermediate students will learn to engage in conversation, writing and reading, enhance basic grammar, pronunciation, expressions of social and travel experiences and the Spanish-Latin American culture. Cost of materials to be announced. **Students must possess a basic understanding of Spanish to participate in this class.**

Registration	Dates	Day	Time	Fee
<b>685511</b>	<b>*1/13-3/17</b>	<b>M</b>	<b>1:00-2:30pm</b>	<b>\$30/8 mtgs</b>

\*No class 1/20, 2/17

### DISCOVERING LITERATURE IN SPANISH

Instructor: Dariela Wilson

949-675-5182

**LOCATION: OASIS ROOM 1A**

Take a journey the 2nd Monday every month into literature in Spanish. Cruise down the continent; meet Latino short-story writers Julio Cortázar, Jorge Borges and Nobel-Prize-winning Gabriel García Márquez. Adventure into foreign lands famous in short stories, novels, poems and plays. Ask your guide, "What is magical realism?" "How is poetry different from prose?" Travel to Spain and visit La Casa de Bernarda Alba by playwright Federico García Lorca. Compare picaresque works by Cervantes and Mark Twain. Explore modern usage of the elements of fiction: plot, characters, setting, imagery and narrative.

Registration	Dates	Day	Time	Fee
<b>785111</b>	<b>1/13, 2/10, 3/10</b>	<b>M</b>	<b>6:30-8:30pm</b>	<b>\$20/3 mtgs</b>

## INTERNATIONAL SPANISH BOOK & CULTURAL CLUB

Leader: Nida Fernandez, Ph.D.

nidit@att.net

**LOCATION: OASIS ROOM 5**

Group meets the 1st Thursday of the month to socially and informally meet other international people to share short novel readings, discuss passages from literary writings and movies, magazines, essays, poetry, and cultural news, in Spanish. Outings may be included. Come share and discuss. If you are a native Spanish speaker, have mastered the language or are a non-native with higher level Spanish skills and/or wish to practice listening skills, this may be your group. Group is informal, voluntary and non-academic.

Registration	Dates	Day	Time	Fee
<b>Not Required</b>	<b>12/5</b>	<b>Th</b>	<b>6:30-8:15pm</b>	<b>FREE</b>

## Computer

- All computer classes are held in the OASIS Computer Center unless otherwise noted.
- OASIS computer classes are taught on OASIS PCs only (Windows software).
- Personal computers are not permitted.
- While not taught on Macs, many of the skills taught and applications such as Shutterfly photo books, eBay, Facebook, Google, and Picasa can be used on either the PC or Mac platform.

### COMPUTER FRIENDS

Leader: Harold Katz

949-675-3531

**LOCATION: OASIS ROOM 1**

This networking group meets on the 2nd Wednesday of the month. This group will not meet in December. For more information visit our website. Go to [www.friendsofoasis.org](http://www.friendsofoasis.org) and click on Computer Friends.

Registration	Dates	Day	Time	Fee
<b>Not Required</b>	<b>Dark in Dec.</b>	<b>W</b>	<b>1:00-3:00pm</b>	<b>Free</b>

### COMPUTER BASICS

Instructor: Carole Kamper

949-230-5902

This class is designed as an introduction to computers. You do not need to own a computer to attend. This class will help you understand the difference between hardware and software and what components and options are available when purchasing a new computer. Emphasis will be on hands-on use of the mouse and getting comfortable with the keyboard. You will learn the anatomy of a "window" and the many features common to computer programs.

- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
<b>681111</b>	<b>*1/3-2/10</b>	<b>M</b>	<b>10:00-11:00am</b>	<b>\$60/4 mtgs</b>
<b>681112</b>	<b>2/25-3/18</b>	<b>Tu</b>	<b>10:00-11:00am</b>	<b>\$60/4 mtgs</b>

\*No class 1/20

**Registration for all classes listed in BOLD will start Thursday, December 12 at 8:00am.**

## COMPUTER SKILLS

Instructor: Carole Kamper

949-230-5902

This class is for participants who have had some prior experience with computers. You do not need to own a computer to attend. It will familiarize you with the desktop, the control panel, folders and files. Emphasis will be on the use of the accessories programs included in Microsoft Windows. The steps in creating, saving and retrieving files will be taught using Paint and WordPad. Prerequisite: Computer Basics or equivalent.

- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
<b>681211</b>	<b>*1/13-2/10</b>	<b>M</b>	<b>11:15-12:15pm</b>	<b>\$60/4 mtgs</b>
<b>681212</b>	<b>2/25-3/18</b>	<b>Tu</b>	<b>11:15-12:15pm</b>	<b>\$60/4 mtgs</b>

\*No class 1/20

## COMPUTER TIPS & TRICKS

Instructor: Carole Kamper

949-230-5902

Come explore the possibilities of your PC and find out about online tutorials, websites and software that will expand your computer abilities. This workshop is designed to maximize your time online and teach you tricks that will make your computer experience more enjoyable and productive. Prerequisite: Computer Skills and Internet Basics or equivalent.

Class #	Dates	Day	Time	Fee
<b>881311</b>	<b>1/7</b>	<b>Tu</b>	<b>1:30-3:00pm</b>	<b>\$25/1 mtg</b>
<b>881312</b>	<b>3/17</b>	<b>M</b>	<b>11:00-12:30pm</b>	<b>\$25/1 mtg</b>

## DIGITAL PHOTO EDITING

Instructor: Barbara Yin Milbert

Learn to edit your digital photos using Picasa photo editing program. Prerequisite: Computer Basics or equivalent.

Class #	Dates	Day	Time	Fee
<b>681411</b>	<b>2/27-3/20</b>	<b>Th</b>	<b>11:00-12:00noon</b>	<b>\$60/4 mtgs</b>

## EBAY 1

Instructor: Barbara Yin Milbert

Learn to buy and sell items on eBay. Pre-requisite: basic computer skills and familiarity with the internet.

Class #	Dates	Day	Time	Fee
<b>881511</b>	<b>1/8</b>	<b>W</b>	<b>1:00-3:00pm</b>	<b>\$30/1 mtg</b>
<b>881512</b>	<b>3/27</b>	<b>Th</b>	<b>10:00-12:00noon</b>	<b>\$30/1 mtg</b>

## EBAY 2

Instructor: Barbara Yin Milbert

Learn more advanced skills for buying and selling items on eBay. Prerequisite: eBay 1 or equivalent and basic computer skills.

Class #	Dates	Day	Time	Fee
<b>681642</b>	<b>12/5-12/12</b>	<b>Th</b>	<b>11:00-12:00noon</b>	<b>\$30/2 mtgs</b>
<b>681611</b>	<b>2/13-2/20</b>	<b>Th</b>	<b>11:00-12:00noon</b>	<b>\$30/2 mtgs</b>

## EMAIL & INTERNET BASICS

Instructor: Barbara Yin Milbert

Learn to set up an email account and use basic email tools. Attach photos and documents to your email, and download photos and documents from the emails you received. Use Google or Bing to search for airline tickets, doctor information, or make dinner reservations on line.

Class #	Dates	Day	Time	Fee
<b>681711</b>	<b>2/27-3/6</b>	<b>Th</b>	<b>9:45-10:45am</b>	<b>\$30/2 mtgs</b>

## GOOGLE 101

Instructor: Carole Kamper

949-230-5902

Learn how to do more on Google than just searches. Did you know that you can use Google for translating, calculating, as a dictionary, collaborating with others on documents, keeping track of financial portfolios, viewing maps, finding images and more? Did you know you can now explore art in museums around the world using Google Art Project? Prerequisite: Email & Internet Basics or equivalent.

Class #	Dates	Day	Time	Fee
<b>881942</b>	<b>12/3</b>	<b>Tu</b>	<b>10:00-11:30am</b>	<b>\$25/1 mtg</b>
<b>881911</b>	<b>1/7</b>	<b>Tu</b>	<b>11:00-12:30pm</b>	<b>\$25/1 mtg</b>
<b>881912</b>	<b>2/12</b>	<b>W</b>	<b>10:00-11:30am</b>	<b>\$25/1 mtg</b>

## INTRO TO EXCEL

Instructor: Barbara Yin Milbert

Learn to manipulate, process and view the data on a spreadsheet. Use different functions of Excel. Insert graphics into your spreadsheet. Prerequisite: Computer Basics and Skills or equivalent.

Class #	Dates	Day	Time	Fee
<b>681811</b>	<b>*1/9-2/6</b>	<b>Th</b>	<b>11:00-12:00noon</b>	<b>\$60/4 mtgs</b>

\*No class 1/23

## INTRO TO FACEBOOK

Instructor: Barbara Yin Milbert

In this introductory class, you will learn about Facebook and the pros and cons of joining this popular social network. You will also learn how to set up an account and select your security and privacy settings. Prerequisite: Computer Basics and Skills or equivalent.

Class #	Dates	Day	Time	Fee
<b>682041</b>	<b>12/5-12/12</b>	<b>Th</b>	<b>9:45-10:45am</b>	<b>\$30/2 mtgs</b>
<b>682011</b>	<b>2/13-2/20</b>	<b>Th</b>	<b>9:45-10:45am</b>	<b>\$30/2 mtgs</b>
<b>682012</b>	<b>3/13-3/20</b>	<b>Th</b>	<b>9:45-10:45am</b>	<b>\$30/2 mtgs</b>

## INTRO TO WORD

Instructor: Barbara Yin Milbert

Learn to open and save a new document, cut, copy, and paste, use spell check, change font, text size, style and color, organize your files, insert pictures, and more! Prerequisite: Computer Basics or equivalent.

Class #	Dates	Day	Time	Fee
<b>682111</b>	<b>*1/9-2/6</b>	<b>Th</b>	<b>9:45-10:45am</b>	<b>\$60/4 mtg</b>

\*No class 1/23

**Computer classes continue on page 20**

Registration for all classes listed in **BOLD** will start Thursday, December 12 at 8:00am.

## INTRO TO PUBLISHER AND POWER POINT

Instructor: Carole Kamper

949-230-5902

Learn these two programs from Microsoft Office to build and expand your word processing skills. PUBLISHER will help you create flyers, business cards, brochures and more. POWERPOINT will not only teach you how to create a slide show but take your word processing skills to the next level. Prerequisite: Intro to Word or equivalent.

- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
<b>682211</b>	<b>2/4-2/11</b>	<b>Tu</b>	<b>10:00-12:00noon</b>	<b>\$60/2 mtgs</b>

## INTRO TO SHUTTERFLY

Instructor: Carole Kamper

949-230-5902

### LEVEL 1

Learn how to make a printable photo album using the website Shutterfly. Prerequisite: basic computer skills with some knowledge of the internet.

Class #	Dates	Day	Time	Fee
<b>882311</b>	<b>1/14</b>	<b>Tu</b>	<b>10:00-11:30am</b>	<b>\$25/1 mtg</b>
<b>882312</b>	<b>3/5</b>	<b>W</b>	<b>12:30-2:00pm</b>	<b>\$25/1 mtg</b>

### LEVEL 2

Digging deeper into Shutterfly options. Prerequisite: Shutterfly Level 1 or experience creating photo books in Shutterfly.

Class #	Dates	Day	Time	Fee
<b>882344</b>	<b>12/10</b>	<b>Tu</b>	<b>12:30-2:00pm</b>	<b>\$25/1 mtg</b>
<b>882313</b>	<b>2/4</b>	<b>Tu</b>	<b>1:00-2:30pm</b>	<b>\$25/1 mtg</b>
<b>882314</b>	<b>3/10</b>	<b>M</b>	<b>11:00-12:30pm</b>	<b>\$25/1 mtg</b>

## ONE-ON-ONE TUTORING

Tutors: High School Student Volunteers

Have questions about Google, e-mail and Facebook or just surfing the web? Need a quick question answered about your computer? Want to learn how to text, take pictures, and surf the internet with your cell phone? We have high school students that can help you with basic computer questions. Available by appointment only. Appointments last 30 minutes. Call (949) 644-3244.

- **Computer tutoring will not be available from Nov 18-Jan 7.**

Registration	Dates	Day	Time	Fee
<b>Appt. Required</b>	<b>Returns 1/7</b>	<b>Tu/Th</b>	<b>4:00-5:00pm</b>	<b>FREE</b>

## Fine Arts

All art classes are held in the OASIS Art Center unless otherwise noted.

## NEW! CALIFORNIA SCENE PAINTING

*This is an art history class. See Enrichment class section for more details.*

## BEADING

Instructor: Tania Addington

tskga@hotmail.com

**LOCATION: OASIS ROOM 4**

This class is for anyone with an interest in beading, those who need to refresh their basic skills and any experienced beaders who want to increase their beading skills and are ready for a challenge. Students new to beading will learn about supplies, findings, tools, beads, and will work simple projects using basic beading stitches. There will be discussions on beading techniques and completing projects. More experienced students will build their knowledge, learn color combination and balance, and create projects in off-loom stitches: Peyote, Brick, Netting, Right Angle Weave, Square, Herringbone, and Chevron stitch. We will make rings, bracelets, earrings, and necklaces.

- Materials list will print out on registration receipt.
- \$5 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
<b>610111</b>	<b>1/7-2/11</b>	<b>Tu</b>	<b>12:30-2:30pm</b>	<b>\$40/6 mtgs</b>
<b>610112</b>	<b>2/25-3/25</b>	<b>Tu</b>	<b>12:30-2:30pm</b>	<b>\$34/5 mtgs</b>

## BEAD STRINGING & RE-STRINGING

Instructor: Tania Addington

tskga@hotmail.com

**LOCATION: OASIS ROOM 4**

This course is designed for beaders of all levels and for re-stringing older jewelry in updated styles. Students will get to know the rules of stringing beads, how to finish projects, and use color and balance in stringing. We will make bracelets, necklaces and earrings. Students are encouraged to use their own style and choice of beads. Sample beadwork will be available for viewing and to encourage creativity.

- Materials list will print out on registration receipt.
- \$5 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
<b>610211</b>	<b>1/7-2/11</b>	<b>Tu</b>	<b>9:30-11:30am</b>	<b>\$40/6 mtgs</b>
<b>610212</b>	<b>2/25-3/25</b>	<b>Tu</b>	<b>9:30-11:30am</b>	<b>\$34/5 mtgs</b>

## BEADING & BEAD STRINGING - SINGLE REPAIR DROP IN

Instructor: Tania Addington

tskga@hotmail.com

**LOCATION: OASIS ROOM 4**

This is not one-on-one instruction, rather, the instructor will offer helpful instructions during regular classes as time permits to drop in students looking to repair a single item. See "Beading" and "Bead Stringing" listings for available class dates, days and times. Limit one drop in student per class meeting.

**DROP IN (NO REFUNDS)**

610113

\$15/1 mtg



**KNITTING & NEEDLEWORK GROUP**

Leader: Golda

949-673-7553

This group of experienced needle-workers meets weekly to work on individual projects. Beginners are welcome. Help is available for needlepoint, embroidery, knitting, crocheting and quilting.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	W	12:00-2:00pm	FREE

**CERAMICS**

Instructor: Karen Thayer

karenthayer@yahoo.com

Learn how to create ceramic objects using hand-building techniques and the potter's wheel. Beginning students will learn the basics of slabbing, coiling, pinching and glazing clay. Returning and advanced students will refine their skills with the endless possibilities that this simple material offers. If you have your own tools, please bring them. No tools are required at the first class. Instructor will provide basic tools and also have specialty tools available for purchase.

- \$15 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
610511	1/15-3/19	W	9:00-12:00pm	\$135/10 mtgs

**COLOR WORKSHOP**

Instructor: Raymond Otis

rgoassoc@earthlink.net

949-760-1352

Learn basic and advanced color techniques. Starting with red, yellow, and blue, you'll mix and paint many exercises. The magic of color painting will be lots of fun. Beginning artists- this is a great foundation in watercolor, acrylics, and water oils. Experienced artists of any medium- this will stretch you and improve your skills. Visit Raymond's artist gallery website at [www.raymondgotis.com](http://www.raymondgotis.com).

- This session covers 1/4th of the 60+ "Glossary of Color Terms." Additional topics include the World of Color Triads and the World of Complementary Tetrad's. A brief overview/lecture will accompany each color session that reviews the other three sessions in the series.
- Materials list will print out on registration receipt.

Class #	Dates	Day	Time	Fee
611711	1/23-2/6	Th	3:00-5:30pm	\$75/3 mtgs

**CHINESE BRUSH PAINTING**

Instructor: Diana Wong

dianawong2001@yahoo.com

Explore the art of Chinese brush painting through the use of brush, rice paper, ink, and colors, while expressing the inner spirit of the subject or the feeling of the artist. Learn to paint flowers, birds, animals, and insects.

- Materials list will print out on registration receipt.
- \$10 material fee payable to instructor for class 610611
- \$5 material fee for classes 610612 and 610613.

Class #	Dates	Day	Time	Fee
610611	1/7-3/11	Tu	9:30-11:30am	\$162/10 mtgs
610612	1/7-2/4	Tu	9:30-11:30am	\$83/5 mtgs
610613	2/11-3/11	Tu	9:30-11:30am	\$83/5 mtgs

Registration for all classes listed in BOLD will start Thursday, December 12 at 8:00am.

**OPEN ART WORKSHOP**

For students of any medium, this is the perfect time to catch up on class projects.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	F	9:00am-4:00pm	FREE

**FREEHAND DRAWING- BEG/ADV**

Instructor: Nancy Wahamaki

gandolf.wahamaki@gmail.com

**LOCATION: OASIS ROOM 2A**

Join Nancy in this fun drawing class; she will lead you every step of the way! Beginner to advanced, working in graphite pencil, pen & ink and charcoal. Learn tips to capture and sketch the world around you, keep an artist's journal and awaken to really "seeing". This type of "seeing" creates beautiful drawings and a new awareness of your surroundings. Visit [www.NancysArtWorld.com](http://www.NancysArtWorld.com) for photos of classes.

- Materials list will print out on registration receipt.
- \$6 reference fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
610811	1/8-2/12	W	9:00-11:00am	\$90/6 mtgs
610812	2/19-3/26	W	9:00-11:00am	\$90/6 mtgs

**INSTRUCTOR ASSISTED WORKSHOP- BEG/ADV**

Instructor: Nancy Wahamaki

gandolf.wahamaki@gmail.com

This workshop is open to all mediums, including sculpting, acrylic, watercolor and drawing. Nancy is a professional artist and teacher who will help you "push" your style and give you encouragement to take you to the next step, as you work on your own individual project. See [www.NancysArtWorld.com](http://www.NancysArtWorld.com) for photos of various classes.

- Please bring a project you are currently working on and any supplies you may need.
- \$7 reference fee payable to instructor.

Class #	Dates	Day	Time	Fee
611011	*1/6-2/10	M	9:00-12:00noon	\$75/5 mtgs
611012	*2/24-3/31	M	9:00-12:00noon	\$75/5 mtgs

\*No class 1/20, 3/3



Art classes continue on page 24

## OIL PAINTING ON CANVAS - BEG /INT

Instructor: Nancy Wahamaki

gandolf.wahamaki@gmail.com

Join a fun oil painting class! No worries! Nancy, a professional artist, will lead you every step of the way. Develop or enhance your basic painting skills, learn some new techniques in the wonderful medium of oil painting, and know that Nancy will "see" your individual style, and help you to push that. This is a light, fun class, but also a class where students continue to return and reach high levels of painting. See [www.NancysArtWorld.com](http://www.NancysArtWorld.com) for photos of classes.

- Materials list will print out on registration receipt. Please bring your materials to the first class.
- \$5 reference fee payable to instructor.

Class #	Dates	Day	Time	Fee
611211	*1/6-2/10	M	1:00-4:00pm	\$85/5 mtgs
611212	*2/24-3/31	M	1:00-4:00pm	\$85/5 mtgs

\*No class 1/20, 3/3

## WATER MIXABLE OIL PAINTING

Instructor: Theresa Fernald

tferald@saddleback.edu

Learn to paint luminous, glowing, expressive water-mixable oils. Clean your brushes with water and soap; no need for toxic solvents. This class will give you a strong foundation in color mixing and composition. You will develop expressive brushwork and paint approaches.

- Materials list will print out on registration receipt.
- \$3 reference fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
710211	1/7-2/25	Tu	5:00-8:00pm	\$90/8 mtgs

## WATERCOLOR-BEGINNING

Instructor: Theresa Fernald

tferald@saddleback.edu

Learn creative, expressive and colorful watercolor techniques. Develop a foundation for great watercolor composition and drawing while exploring color, brushwork and design based on art history and design theories.

- Materials list will print out on registration receipt.
- \$3 reference fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
611311	1/7-2/25	Tu	1:00-4:00pm	\$90/8 mtgs

## WATERCOLOR - INTERMEDIATE

Instructor: Chris Sullivan

chrissullivanart@gmail.com

### LOCATION: OASIS ROOM 4

This class concentrates on developing traditional and experimental skills and techniques in transparent watercolor painting as well as designing more interesting and effective compositions. Landscapes and still life will be the focus using studio set-ups, sketches and/or photographs. There will be demonstrations, individual assistance, and group critiques.

- Materials list will print out on registration receipt.
- Registration for Newport Beach residents begins Thursday, December 12. Registration for non-residents begins Thursday, December 19.

Class #	Dates	Day	Time	Room
611411	2/12-3/19	W	9:00-12:00pm	\$98/6 mtgs

Registration for all classes listed in BOLD will start Thursday, December 12 at 8:00am.

## WATERCOLOR - ADVANCED

Instructor: Chris Sullivan

chrissullivanart@gmail.com

Learn to paint more expressive watercolors! In this fun and exciting advanced level watercolor painting class, you will explore various design concepts, experimental and traditional watercolor techniques, as well as the use of mixed media to develop emotional content in your paintings. Creative and expressive interpretation of your subject matter will be the focus. There will be demonstrations, individual assistance, and group critiques.

- Materials list will print out on registration receipt.
- Registration for Newport Beach residents begins Thursday, December 12. Registration for non-residents begins Thursday, December 19.

Class #	Dates	Day	Time	Room
611611	2/12-3/19	W	1:00-4:00pm	\$98/6 mtgs

## WOOD CARVING WORKSHOP

This group works on individual projects and welcomes new members. Come any Thursday and see Junie Allen to sign up or to find out more about the class. Instructors are in the class to assist members. Group members are asked to contribute \$10 every three months for class tool and machine maintenance.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Th	8:00am-11:30am	See above

## Cards & Games

### BEGINNING BRIDGE

Instructor: Ann Cressman

anncressman@gmail.com

949-495-4564

### LOCATION: OASIS ROOM 3

Join us to learn the exciting and stimulating game of bridge. This class is for new players & those who want to brush up on their skills.

Class #	Dates	Day	Time	Fee
680111	2/4-3/25	Tu	9:30-11:30am	\$110/8 mtgs

### ADVANCED BEGINNING BRIDGE 1

Instructor: Ann Cressman

anncressman@gmail.com

949-495-4564

### LOCATION: OASIS ROOM 3

Lessons will consist of handouts, play of pre-arranged hands and analysis.

Class #	Dates	Day	Time	Fee
680211	2/6-3/27	Th	9:30-11:30am	\$110/8 mtgs

**Registration for all classes listed in BOLD will start Thursday, December 12 at 8:00am.**

### ADVANCED BEGINNING BRIDGE 2

Instructor: Ann Cressman anncressman@gmail.com 949-495-4564

**LOCATION: OASIS ROOM 3**

Lessons will consist of handouts, play of pre-arranged hands and analysis. Prerequisite: Advanced Beginning Bridge 1.

Class #	Dates	Day	Time	Fee
680311	2/7-3/28	F	9:30-11:30am	\$110/8 mtgs

### INTERMEDIATE SUPERVISED PLAY (BRIDGE)

Instructor: Ann Cressman anncressman@gmail.com 949-495-4564

**LOCATION: OASIS ROOM 3**

Improve your play through supervised instruction and analysis of hands. Prerequisite: Advanced Beginning Bridge 1 and 2.

Class #	Dates	Day	Time	Fee
680411	2/4-3/25	Tu	12:30-2:30pm	\$110/8 mtgs

### INTERMEDIATE BRIDGE

Instructor: Hal Binder halbinder@cox.net

**LOCATION: OASIS ROOM 3**

Intermediate duplicate bridge lessons and play of the hand.

Class #	Dates	Day	Time	Fee
680511	*1/6-2/10	M	9:30-11:30am	\$75/5 mtgs
680512	*1/8-2/12	W	9:30-11:30am	\$75/5 mtgs
680513	2/24-3/24	M	9:30-11:30am	\$75/5 mtgs
680514	2/26-3/26	W	9:30-11:30am	\$75/5 mtgs

\*No class 1/20, 1/22

### ACBL DUPLICATE BRIDGE

ACBL Teacher and Director: Gail Schneider 949-472-8010 516-314-1896

**LOCATION: OASIS ROOM 2**

This is an ACBL sanctioned game. All levels are welcome. 0-20 Novice with help in bidding as a separate section. A partner is not required. Reservations are not necessary.

\*Free lessons for beginning and intermediate players at 2:30pm.

\*Game starts at 3:00pm.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu	*2:30-6:00pm	\$10/1 mtg

### DUPLICATE BRIDGE- TUESDAY & FRIDAY

Leaders: Terry and Gene Casavant zeintje1@gmail.com 949-854-8138

**LOCATION: OASIS ROOM 2**

Bring your own partner to play. Reservations are required. Please contact Terry and Gene at zeintje1@gmail.com or 949-854-8138.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu/F	10:00-2:00pm	\$1

### DUPLICATE BRIDGE- SUNDAY

Leaders: Vikki Wallace

949-760-8270

**LOCATION: OASIS ROOM 2**

Reservations are preferred. Please contact Vikki Wallace at 949-760-8270. Please bring your own partner to play.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Su	12:00-3:45pm	\$1

### PARTY BRIDGE

**LOCATION: OASIS ROOM 1**

You do not need a partner to participate. Players must be able to keep their own score.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu	10:00-2:00pm	\$1

### MAH JONGG

Leader: Nathalie Goldstein

**LOCATION: OASIS ROOM 3**

Experienced players meet to play.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M/F	12:30pm-3:30pm	FREE

### MEXICAN TRAIN

Leader: Guy Richards

949-640-7809

**LOCATION: OASIS LIBRARY/GAME ROOM**

This is a new, fun-packed game played with dominos. No cards to shuffle. Beginners please come at 1:00 on Fridays to learn how to play.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	F	1:00pm-4:00pm	FREE

### PING PONG

**LOCATION: OASIS EVENT CENTER**

New players are always welcome.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu/Th	2:00-5:00pm	FREE

### SHANGHAI/ MAY I

**LOCATION: OASIS LIBRARY/GAME ROOM**

If you know how to play rummy, you'll pick up this game in no time!

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu	1:00-4:00pm	FREE

### TEXAS HOLD 'EM -- ADVANCED

Instructor: Len Edwards

**LOCATION: OASIS ROOM 1B**

**Advanced players only.** Meets on the 1st & 3rd Friday every month. Play for chips only.

Registration	Dates	Day	Time	Fee
Not Required	12/6 & 12/20	F	12:30-3:00pm	FREE



# Special Programs & Support Groups

## AARP TAX AIDE PROGRAM PROVIDES FREE INCOME TAX ASSISTANCE

Once again, the OASIS will offer the Tax-Aide Program administered by the AARP Foundation in cooperation with the IRS. Appointment scheduling will begin on January 2. Actual appointments with a tax counselor will begin in February. Please note: all appointments will be scheduled at the OASIS on Fridays ONLY. Call the OASIS Administration office at (949)644-3244 to schedule your appointment.

The AARP Tax-Aide Program provides free personal income tax assistance to middle and low-income taxpayers. If your total annual household income, including Social Security, is over \$60,000, you should contact a paid tax preparer. The Tax Counselors will prepare income tax returns for persons who have Revocable (Living) Trusts. They will not prepare tax returns involving Cancellation of Debt or Irrevocable (Testamentary) Trusts.

**The Tax Counselors will generally prepare Federal and California State Tax Returns that include:**

### **Income From:**

Wages and Salaries  
Interest and Dividends  
Pensions, Annuities and IRA Distributions  
Taxable Social Security Benefits  
Sale of Stocks and Bonds  
Sale of Personal Residence  
Basic Self Employment Income (No depreciation or operating loss carry forward)

### **Deductions For:**

IRA Contributions  
Standard Deductions  
Itemized Deductions: medical and dental, taxes, interest, contributions, miscellaneous

### **Credits For:**

Elderly and Disabled Credit  
Child Tax Credit  
Child and Dependent Care Credit  
Education Credit  
Earned Income Credit

**Call early to schedule your appointment; please be certain you will have the following information before the scheduled date, especially brokerage information:**

- Copies of your 2012 Federal and State Income Tax Returns.
- All 2013 forms W-2 (wages); 1099 R (pensions); 1099-Int (interest); 1099-Div (dividends); 1099-B (sale of stocks and bonds); and SSA 1099 (Social Security).
- If you are a homeowner be sure to bring a copy of your 2012-2013 Secured Property Tax Bill.
- If you have sold securities (stocks, bonds, etc.), please make certain you have a record of their original cost. You may need to contact your broker to assist you in determining the original cost. Taxpayers with brokerage accounts can expect to receive a "Combined Brokerage Statement (1099 Div & 1099 INT and 1099B) toward the latter half of February. Accordingly, appointments for tax preparation should be scheduled no sooner than late February.

## SUPPORT GROUPS

### **Alzheimer's Caregiver Support Group**

Facilitator: Vic Mazmanian

949-310-6682

This group meets on the first Wednesday of the month. Meetings are open to caregivers, family members and friends caring for a loved one with Alzheimer's or dementia. You are not alone; find how sharing your ideas, feelings and concerns can help you care for yourself and your loved one. This group is affiliated with the Orange County Alzheimer's Association.

Location: OASIS Room 1B

Wed 10:00-11:30am 12/4 Free

### **Grandparents Support Group**

Leader Susan Hoffman

949-640-0399

Group meets the 2nd Wednesday of the month. Meet with grandparents who have visitation issues with their grandchildren. Visit [www.grandparentchildconnect.org](http://www.grandparentchildconnect.org) for more information.

Location: OASIS Room 2B

Wed 3:00-5:00pm 12/11 Free

### **Low Vision Support Group**

Facilitator: Charlotte Stradtman 949-552-7637 and Polly Smith 949-723-1603

This group meets on the 3rd Friday of the month. It is for people experiencing difficulty in daily living due to sight loss. The content of the discussion will be based on participants' needs, which may cover a variety of topics such as getting around town, low vision devices, family awareness and staying connected.

Location: OASIS Room 4

F 10:00-11:30am Dark in Dec. Free

### **MS Support Group**

This self-help group for people with Multiple Sclerosis (MS) is sponsored by the National MS Society. It is for those with minimal symptoms or newly diagnosed. The group meets every month for two hours. If you are interested and think this group may be appropriate for you, please call Sherri for further details (714) 846-2064.

## PARKINSON'S SUPPORT GROUPS

### **Parkinson's Resource Organization (PRO)**

PRO is honored to have Janet Kohtz, O.D. presenting new innovations for posture, balance and gait for PWP through the application of prisms. We invite PWP's, Caregivers and the public to learn more about resources and services available. For more information call 877-775-4111.

Location: OASIS Room 4

Th 7:00-9:00pm 12/12 Free

### **Parkinson's Support Group**

Leaders: Mike McNamara 949-673-5542 and Al Douglass 949-644-0714

This group meets on the 2nd & 4th Friday of each month and is for people with Parkinson's. Meet with your cohort without feeling intimidated and be able to freely ask questions of your peers. Location: OASIS Room 4

F 10:30-12:00noon 12/13 Free

## ASSISTANCE PROGRAMS

### Senior Assessment Program

OASIS staff assists seniors by suggesting and coordinating services allowing them to stay in their homes and live independently. An assessment of the individual seniors and their current living situation is conducted and a variety of outside agencies as well as OASIS programs are suggested.

### Information & Referral

Referrals to a vast assortment of information regarding senior services such as home health care, housing options, adult day care, assisted living and retirement facilities, legal assistance, Medicare assistance, support groups, ombudsman services and more. If we don't know, we will find out.

### Medical Documents

The California Hospital Association's Advance Health Care Directive. Available in the Administration Office.

### Medical Equipment to Loan

Wheelchairs, walkers and commodes are available in the Administration Office.

### Telephone Reassurance

Daily telephone call for seniors who live alone and have limited contact with friends or relatives.

### OASIS Lunch Program provided by Age Well Senior Services

Hot and cold lunches are served in the OASIS Evelyn Hart Event Center. Please call two days in advance to order your lunch. Call Berenice at (949) 718-1820. Hot lunch menu is listed on page 23. Lunch Service: Monday through Friday, 11:45am-12:30pm

**\$4 suggested donation - 60 or younger \$5.50**

### Home delivered meals provided by Age Well Senior Services

Meals are available for homebound seniors; call for an assessment. Deliveries are also available for post-surgery or short time periods when one is incapacitated. Call Berenice at (949) 718-1820.

## LEGAL ASSISTANCE



The attorneys donate their time and offer a free half-hour consultation. Appointments are necessary; call (949) 644-3244. Consultations are held in the OASIS Administration office.

**Thursday, Dec 5  
9:00-12:00pm**

**Bradley Erdosi, Attorney at Law**  
Elderlaw, estate planning, wills, trusts, probate, Health Care Directives & notary service.

## HEALTH SCREENINGS & MEDICARE COUNSELING

### Blood Pressure Screening

Our friendly medical professionals will help you monitor your blood pressure twice a month.

Location: OASIS Library

Tues 9:00-11:00am

12/3 & 12/17

Free

### Memory Screening

**There is a \$45 fee for the screening.** Provided by the Orange County Vital Aging Program, this screening promotes early detection and prevention of Alzheimer's Disease and related disorders. In-person screening at OASIS or Hoag; please call (949) 764-6288 or visit [www.OCVitalAging.org](http://www.OCVitalAging.org).

### Visual Aid Screening

Provided by the Braille Institute. When eye glasses are no longer sufficient, make an appointment with the Braille representative for a visual screening. Physician referral required; call (714) 821-5000. Visit [www.brailleinstitute.org](http://www.brailleinstitute.org).

Location: Braille Institute, Anaheim

### HICAP: Health Insurance Counseling and Advocacy Program

HICAP counselors assist you with information regarding health insurance, Medicare, Part D Drug Plan, Medi-Cal, HMOs, supplemental, and long term care insurance. Available twice monthly. Appointments are necessary.

Location: OASIS Administration Office

## TRANSPORTATION

*The OASIS Senior Center provides curb-to-curb transportation through its Care-A-Van and Shuttle Programs.*

**Care-A-Van:** Provides transportation to medical appointments, grocery shopping and other essential errands within City limits. Cost is \$3.00 each way.

**Shuttle:** Provides transportation to classes and activities held at OASIS. Cost is \$1.50 each way.

**Payment:** Riders must purchase a Ride Card to use for payment, sold in denominations of \$12, \$30 and \$60. Cards may be purchased in the Admin office or from a driver.

### Eligibility:

- Must be age 60+
- Live in a private residence
- Must reside within Newport Beach, Corona del Mar or Newport Coast
- No longer be driving

### Service is available

Monday-Thursday, 7:45am - 4:30pm

Fridays, 8:00am - 4:00pm

It is recommended that reservations be made at least five business days in advance and can be made up to three weeks in advance.

Call OASIS to register (949) 644-3244.

### OASIS TRANSPORTATION CLIENTS:

OASIS is offering two shopping trips in December: 99 Cent Store on Thursday, Dec. 5 and Target on Tuesday, Dec. 10. Both trips are from 10:00am - 12:00noon. Call the Administration Office at (949) 644-3244 to reserve your spot!



**Buy your ticket!**  
**Membership Monthly**  
**Get Together**  
**Friday, December 6**  
**See page 2 for details**

## Mission Statement

The Friends of OASIS, Inc. is a non-profit California corporation dedicated to supporting the senior community. The focus of this organization is to provide financial and volunteer support to the OASIS Senior Center. Its goal is to assist in giving seniors the opportunity to live healthy, active and productive lives.



## ANOTHER AMAZING PERSON AT OASIS

On September 10 at a meeting of the Southern California Pilots Association, one of our Friends of OASIS members, Ron Richmond, was awarded The Wright Brothers "Master Pilot" Award by Mr. John Steurnagle, FAA Safety Team Program Manager for the Western Pacific Region.

The following is a quotation by Mr. Steurnagle: "The Wright Brothers Master Pilot Award is a symbol of recognition based on your knowledge, skill, and high level of professionalism and commitment to our industry. This award is our recognition of your accomplishment and signifies our humble gratitude for the sacrifices that you made in order to demonstrate the highest level of aviation professionalism and safety. This award is our formal recognition of the first 50 years of your aviation career. It is the highest award presented to a pilot by the FAA."

Ron has actually been flying since he was 15, a total of 67 years. He met Mary, his wife to be, in 1954, and on their first date, took her for an airplane ride in a Cessna 140. She liked it. They were married in 1955, during Ron's third year of graduate school at Caltech, where he earned a PhD in Aeronautical Engineering in 1957; Mary was awarded a PHT degree (Putting Husband Through) on that same occasion. Ron is currently concentrating his aviation experience on the "Young Eagles Program" for the Experimental Aircraft Association. The objective is to interest young people ages 8 to 17 in aviation.

Those of you in chair exercise on Monday and Wednesday mornings know him as the tall, handsome, white-haired guy who puts up chairs and passes out exercise equipment.

Scott Paulsen



## OASIS GIFT SHOP



Baubles, bangles, and bright shiny beads, colorful holiday decorations and accessories, crystal that sparkles, dolls in pretty dresses, cuddly teddy bears, and all your holiday needs.

Merry Christmas,  
Mrs. Claus

Hours: 9-3, Monday-Friday

## PANCAKE BREAKFAST

Pancakes with syrup, sausages, coffee, milk and juice are served.

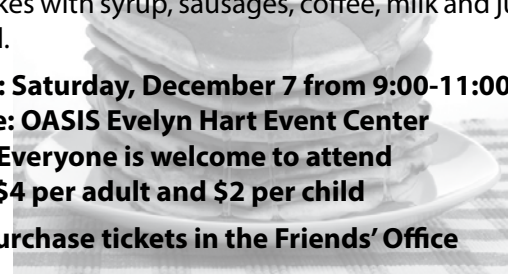
**When: Saturday, December 7 from 9:00-11:00am**

**Where: OASIS Evelyn Hart Event Center**

**Who: Everyone is welcome to attend**

**Cost: \$4 per adult and \$2 per child**

**Pre-purchase tickets in the Friends' Office**





## ARE YOU AN ACTIVE MEMBER?

*Adapted from Arthur T. Fischer*

Are you an active member  
The kind that would be missed  
Or are you just contented  
That your name is on the list?

Do you attend the meetings  
And mingle with the flock  
Or do you stay at home  
And criticize and knock?

Do you take an active part  
To help the work along  
Or are you satisfied to be  
The kind that just belong?

Do you push the cause along  
And make things sort of click  
Or leave the work to just a few  
And talk about the clique?

There's quite a program scheduled  
That you must have heard about  
And we'll appreciate if you  
Will come and help us out.

So come to the meetings often  
And help with hand and heart  
Don't just be a member  
But take an active part.

Think this over all my friends  
You know the right from wrong  
Are you an active member  
Or do you just belong?

*Submitted by Lynn Cathcart*

## VOLUNTEERS OF THE QUARTER

### ANITA AND JOHN VALERIANO

The Valerianos have been married for 63 years. They moved to Corona del Mar from the San Fernando Valley in 2007 following John's open heart surgery. Their children 'forced' them to move here. (Gary 60, Dean 52, Jake 50) John wasn't happy about the move, but if there had been a problem, Anita would have been alone, eighty-five miles away. The kids didn't want to have to drive that far. What a lucky decision for us here at OASIS. John hated living in CDM until he discovered OASIS. John was a morning regular in the portables during construction, made friends with everybody he met and became an active member and volunteer. Anita came with him, met and mingled and started helping out, first in the lunchroom serving and collecting money. She has volunteered on the Rummage Sale, Casino Night, as a greeter in the front office every Tuesday, and at the Pancake Breakfasts each month. Not her favorite job, but one she does very well, is polishing the silver for the Rummage Sale. She loves the people at OASIS!! John prepares the sausages each month for the Pancake Breakfast, substitutes as a greeter at the front desk, cashiers and serves food in the lunchroom. He is known for his playing of the accordion to lunch diners on the third Friday of every month. The Valerianos can be seen on many of the OASIS trips (often bringing home baked cookies), and at all of OASIS' activities. We owe the Valerianos a huge thanks for all they do for all of us at OASIS!!!!

Scott Paulsen



Crown Cove on E. Coast Highway donated the delicious lunch for the Monthly Membership Get together on November 1. The staff members present were introduced and thanked!

## TRIPS FILL UP QUICKLY! SIGN UP EARLY IF INTERESTED IN A TRIP!

Travel Office Hours: Monday-Friday 9:00 am-1:00 pm. Stop by or call us at (949) 718-1810.

There is a \$5.00 charge for non-members.

★ Parking and pick-up for all trips are at the northwest corner of 5th & Marguerite lot unless otherwise noted.

### SAN DIEGO HOLIDAY SPECTACULAR \$72

**Tuesday, December 3**

Motorcoach to San Juan Capistrano and board the Amtrak train for a coastal ride to San Diego. Upon arrival enjoy a narrated driving tour of Coronado, a visit to "The Del" to see its giant Christmas tree, then on to Seaport Village for shopping and lunch on your own. On the way home by motorcoach you will drive through the amazing holiday light displays at the Del Mar Racetrack.

Depart 8:45am

Return 7:45pm

### HOLIDAY TEA AT THE CHRISTMAS HOUSE \$82

**Tuesday, December 10**

Travel to Rancho Cucamonga and visit this quaint 1904 bed and breakfast and walk through the house known for its beautiful red and green stained glass and lovely grounds. Included is an early tea "supper" with tea, finger sandwiches, fresh scones and desserts. On the way home you will drive through the highly decorated Rancho Cucamonga holiday homes.

Depart 1:30pm

Return 8:30pm

### VIEJAS CASINO \$15

**Wednesday, December 18**

Enjoy a day gambling or finishing up your Christmas shopping at the outlet stores.

Depart 8:30am

Return 5:00/5:30pm

### ROSE PARADE - PASADENA \$125

**Wednesday, January 1, 2014** **WAIT LIST**

This year only one bus will be going on this family excursion. Price includes excellent grandstand seating, breakfast, a box lunch and motorcoach transportation. NOT HANDICAPPED ACCESSIBLE. NO REFUNDS AFTER DECEMBER 10, 2013

Depart 5:00am

Return 1:00pm

### ATTENTION GAMBLERS

Your Casino Rewards Card number (if you have one), your legal name and date of birth must be provided when signing up for a gambling trip.

### CANCELLATION POLICY FOR DAY TRIPS

10 working days' notice is needed for a refund. Fewer than 10 days, refund is given only if a replacement is found. The handling charge for trip refunds is \$5 for day trips. This fee will be deducted from the refund. **No refunds for one-day gambling trips.**

### SAN MANUEL CASINO \$15

**Wednesday, January 8**

\$10 free play for members and \$20 for new members. The hottest slots in town.

Depart 8:30am

Return 5:00/5:30pm

### THE PRODUCERS - PLUMMER THEATRE \$68

**Sunday, February 9**

Travel to Fullerton for a Sunday matinee performance of this Mel Brooks musical and winner of twelve Tony Awards.

Depart 1:00pm

Return 5:00pm

### MAGIC - ILLUSIONS & VENTRILOQUISM INDIO PERFORMING ART CENTER \$65

**Thursday, February 20**

Motorcoach to Indio for an afternoon of magic, mystery and fun with Ventriloquist/Magician Rob Watkins starring in "Just Let Me Vent." This is one highly entertaining stage show incorporating a mixture of ventriloquism, comedy, illusion, amazing mysteries, G rated comedy, and audience inter-action. Lunch on your own in Palm Springs.

Depart 9:00am

Return 6:00pm

### FEBRUARY GAMBLING TRIP

Call the Travel Office for details.

### AUTRY NATIONAL CENTER \$65

**Wednesday, February 26**

The highlight of our trip is the Center's *Masters of the American West Fine Arts Exhibition and Sale* which is considered the country's most important Western art show. Also, an ongoing exhibition, *Art of the West*, displays historical works by such masters as Frederick Remington alongside more contemporary pieces by Georgia O'Keefe and others artists as well as rarely seen artworks from the Autry's rich collections. Lunch included at the Tam O'Shanter.

Depart 10:00am

Return 5:00pm

Payment options: credit cards, cash or checks for day trips payable to Friends of OASIS.



## THE MUSIC MAN

\$96

### Sunday, March 2

Prior to the performance you will enjoy a delightful lunch at the Katella Deli, a world famous restaurant, in Los Alamitos. Then travel to CSULB and the beautiful Carpenter Performing Arts Center to enjoy one of Broadway's all time favorites. LEGACY TRAVEL & TOURS.

Depart 11:00am

Return 6:00pm

## GRIFFITH OBSERVATORY

\$79

### Wednesday, March 12

On the way, we will stop at the San Antonio Winery for wine tasting and lunch. Upon arrival at the observatory, you will have time to explore at your leisure the many magnificent astronomy exhibits plus time to see a free film about the Observatory's history. Also, there is an optional Planetarium show and tickets can be purchased upon arrival. GOOD TIMES TRAVEL.

Depart 10:00am

Return 6:30pm

## COUNTRY QUEENS

\$65

### Wednesday, March 12

Travel to Indio to the Performing Arts Center for a performance starring Bethany Owen, the Woman of 1001 voices and Faces. This is a 90-minute one woman show of Country Comedy, Music and Singing Voice Impressions. This is a non-stop, foot-stompin comedy and musical voice impression stage show! Lunch on your own in Palm Springs.

Depart 9:00am

Return 6:00pm

## EXTENDED TRIPS

### ARIZONA GEMS TOUR

Double \$299 - Single \$399

(Deposit \$100 to hold your place – Final due Dec. 7, 2013)

### January 21-23

Travel by deluxe motor coach to Quartzsite to visit the Tyson Wells Sell-A-Rama and an incredible range of swap meet vendors. There you will find an unbelievable variety displayed on 2.2 miles of aisle frontage – gems, rocks, arts, crafts, jewelry, and more. Stay for two nights at the Blue Water Resort and Casino in Parker – with gaming machines and bingo. Return to Quartzsite the second day for a local tour and a QIA Pow Wow Show. On the last day travel to Indio and a stop at the Shields Date Garden then on to Palm Springs for lunch on your own before heading home with your purchases, memories, and new friendships. Includes 2 dinners, 2 breakfasts and luggage handling.

## COASTAL "SAFARI" BY RAIL

Double – per person \$449

Single \$549

### February 5-7

### WAIT LIST

Stay two nights in Pismo Beach in a charming property just steps from the beach and a fireplace in every room. Ride along California's coast aboard the deluxe Coast Starlight train featuring a dining car and observation car for spectacular ocean views. "Safari" sightseeing including monarch butterflies, elephant seals and visits to a goat dairy farm, miniature horse farm and ostrich farm. Wine tasting in the Paso Robles area, San Luis Obispo's Thursday night street fair and time to browse in the quaint village of Cambria and the Danish town of Solvang. Gratuities not included. GOOD TIMES TRAVEL

## UPCOMING 2014 EXTENDED TRIPS

Stop by the Travel Office for flyers with detailed information on all of these trips.

May Railways of California (GADABOUT TOURS)

June Cape Cod & the Islands (PREMEIR TOURS)

(Boston, Martha's Vineyard, and Newport)

Sept Heritage Highlights (PREMEIR TOURS)

(Niagara Falls, Amish Country, Washington D.C., and Williamsburg)

Sept Croatia and Slovenia (PREMEIR TOURS)

Sept Danube River Cruise (AFC TOURS)

Oct Rails of New England (PREMEIR TOURS)

(Boston, Maine, Vermont, and New Hampshire)

Nov Peru & Machu Picchu (PREMEIR TOURS)




### CANCELLATION POLICY FOR EXTENDED TRIPS

Refunds can be given before balance due dates. These dates vary from 30 to 70 days, depending upon the supplier. After this date, a refund is given only if trip is full and a replacement is found. There will be a \$10 per person charge on all extended trip cancellation refunds. This will not apply to checks written to tour companies.



OUR MENUS, PER MEAL.  
AVERAGE 500-700 CALORIES, 30%  
FAT, AND LESS THAN 1000 MG OF  
SODIUM, EXCLUDING SPECIAL  
EVENT MEALS

 MENUS WITH MORE THAN  
1000 MG OF SODIUM

# Age Well Senior Services

HOT LUNCH MENU. COLD LUNCH MENU AVAILABLE UPON REQUEST.

LISA GIBSON, M.S., R.D.

SUGGESTED DONATION- 60 YRS OR OLDER: \$4.00  
COST - 59 YEARS OR YOUNGER: \$5.50

AWSS RESERVES THE RIGHT TO MAKE  
SUBSTITUTES WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hanukkah Lunch</b> BAKED CHICKEN POTATO LAKES/SOUR CRM APPLESAUCE HARVARD BEETS DINNER ROLL PEACH COBLER  2	<b>CHICKEN CURRY</b> BROWN RICE CAESAR SALAD BROWN RICE BROCCOLI BANANA 3	<b>MEATLOAF WITH MUSHROOM GRAVY</b> MASHED POTATOES SUCCOTASH TAPIOCA PUDDING 4	<b>CHICKEN FETTUCCINI</b> SALAD AND TOTATOES WITH DRESSING PEAS GRESH FRUIT 5	<b>Membership Monthly Get Together</b> Advance purchase required. <i>Tickets \$8 members/ \$10 non-members</i> Menu: Chicken Picatta, Vegetables, Herbed Basmati Rice, Garden Salad with Champagne Vinaigrette, and Italian Butter Rum Cake.
<b>CHICKEN NOODLE SOUP</b> TUNA SANDWICH ON 100% WHOLE WHEAT BREAD TOMATO & GREEN BEAN SALAD CHOCOLATE PUDDING  9	<b>BEEF STEW</b> POTATOES, CARROTS, ONION AND CELERY SALAD WITH TOMOTOES 1/2 SLICE WHEAT BREAD MARGARINE APPLE 10	<b>GLAZED HAM</b> SWEET POTATOES GREEN BEANS HALF SLICE RYE BREAD MARGARINE ORANGE JUICE CINNAMON APPLES 11	<b>LENTIL SOUP</b> TURKEY SANDWICH on 100% WHOLE WHEAT BREAD CARROT RAISIN SALAD MAYO/MUSTARD FRESH ORANGE OATMEAL COOKIE  12	<b>HONEY MUSTARD CHICKEN</b> RED POTATOES ITALIAN BLEND HALF SLICE 100% WHEAT BREAD MARGARINE FRUIT GELATIN 13
<b>TERIYAKI MEATBALLS</b> BROWN RICE PEAS & MUSHROOMS MANDARIN ORANGES & BANANAS 16	<b>CHICKEN PARMESAN</b> SPAGHETTI SPRING SALAD DRESSING ORANGE JUICE AMBROSIA* 17	<b>BEEF CHEESE ENCHILADA CASSEROLE</b> TOSSED SALAD TOMATOES MEXICORN PEACHES 18	<b>BAKED CHICKEN</b> <b>ROASTED RED POTATOES</b> <b>RED CABBAGE</b> <b>CRACKED WHEAT BREAD</b> <b>ÉCLAIR*</b> 19	<b>Holiday Lunch</b> Roast turkey and gravy, stuffing, potatoes, cranberry sauce, glazed baby carrots, dinner roll, berry pie. Tickets \$5 on sale Dec. 2 in the Admin office. 20
<b>CHICKEN CHILI WITH WHITE BEANS</b> TOSSED SALAD/DRESSING CHOPPED TOMATO GRATED CHEESE CORN MUFFIN CUSTARD 23	<b>OASIS CLOSED</b> Lunch will not be served. 24	 <b>OASIS CLOSED</b> Lunch will not be served. 25	<b>OASIS CLOSED</b> Lunch will not be served. 26	<b>OASIS CLOSED</b> Lunch will not be served. 27
<b>OASIS CLOSED</b> Lunch will not be served. 30	<b>OASIS CLOSED</b> Lunch will not be served. 31	<div>December 2013</div> <div>Call at least 3 days in advance to reserve a lunch (949)718-1820</div>		

# FOUR EASY WAYS TO REGISTER

## MAIL IN

Mail your registration form and payment to:  
OASIS Senior Center  
801 Narcissus Ave.  
Corona del Mar, 92625

## ONLINE

1. Go to [www.newportbeachca.gov](http://www.newportbeachca.gov).
2. Click on Recreation Classes.
3. Click on My Account.
4. New users: Create an account
5. Click on Register for Activities.
6. Select the class you desire, then click Add To My Cart.
7. Follow the steps for payment.

## FAX

Fax your registration form and include your Visa, MC, Discover or Amex card number and expiration date to: (949) 640-7364

## WALK IN

Bring registration form to the OASIS Admin Office  
Monday- Friday  
8:00am-5:00pm

First Name		Last Name	
Address		City	Zip
Home Phone	Work/Cell Phone	email	<input type="checkbox"/> Check here for an emailed receipt

Participant's Name	Gender	Class # Session	Class name	Fee
EXAMPLE: JOHN DOE	M	5 7 8 9 4 1	KinderGYM	\$105

PHOTO RELEASE I understand that from time to time City representatives may photograph activities of City recreation programs and participants. By signing this form, I authorize the City of Newport Beach to use or publish any photographs taken by the City showing my participation or my child/children's to promote classes on the City's Internet web site, future publications of the Newport Navigator and/or flyers.

Class Fees	
Non-residents add \$5 for classes \$74 & under OR \$10 for Classes \$75 & over	
Total Paid	

**WAIVER & RELEASE OF LIABILITY** In consideration of participation in the Program, I (We), the undersigned, recognize, agree and acknowledge as follows: (1) Participation in the Program is voluntary; (2) Follow and abide by the rules, regulations, guidelines and Participant Code of Conduct (3) The participant is in good health, physically able to participate in the program without restrictions and has no medical condition that would or may cause participation to be potentially hazardous to his or her health, which the city can request participant to agree to furnish medical documentation at participants own expense; (4) Failure to disclose a medical condition could terminate participation; (5) There is a real possibility that participant could be seriously injured while participating in the Program; (6) Participant assumes all risks associated with participation in the Program. Participant acknowledges the inherent and potential dangers of participating and expressly waives and voluntarily assumes all risk of personal injury or death which may be sustained while participating. I (we) recognize that registration in the program is dangerous and contains risk of personal injury, death, disability, property damage or loss ("damages.") I assume any and all risks associated with my or my child's participation in the Program, including, but not limited to, strenuous physical activity or exertion; striking or being struck, by objects or persons; slipping; and exposure to heat, cold or humidity. Such risk may result in injuries that include, but are not limited to: sprain, strain or tear of muscles or ligaments; fracture or dislocation of joints or bones; head or facial injuries; spinal cord or internal injuries. I know that the risks, hazards and dangers include, but are not limited to, falling, slipping, colliding with other users, staff or spectators. I understand that these risks, hazards and dangers are further increased when other persons, whether or not of the same level of experience, are present at the same time and/or using the same facilities. All such risks are known and appreciated by me. I hereby, for myself, my child, heirs, or anyone who might claim on my or my child's behalf, agree not to bring any claim, and waive, release and forever discharge the City of Newport, the Newport-Mesa Unified School District, and all of their officers, agents, and employees from any and all duty to me, my child and/or liability for damages arising out of or in the course of my child's participation in the Program, including all liability for any active or passive negligence by the City/Newport-Mesa Unified School District and/or their officers, agents and employees. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I waive and voluntarily assume all risk of personal injury which may be sustained while participating. The laws of the State of California shall govern this agreement. The undersigned, hereby acknowledged to be lawful parent(s) and/or guardian(s) of the participant, acknowledge(s) my/our qualifications to sign the Release on behalf of the participant.

**Mandatory Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Non-resident Fee** -Those who do not reside within the City of Newport Beach, please add \$5 per class priced up to \$74 and \$10 for classes \$75 and over.

**Refund Policy Unless otherwise noted** — A \$10 (for classes priced \$74 and below) or \$20 (for classes priced \$75 and above) refund fee will be charged if the request is made prior to class meeting for the second time. A full refund will be granted when cancelled by Recreation staff. One and two day classes require 5 business days notice for a refund or transfers.

**Fitness Center Refund Policy** —A \$20 refund fee will be charged if the request is made within one week of sign-up. After one week no refunds will be granted.

**Special Assistance** - If you need special accommodations for any activities, please notify Recreation Services at the time of registration.

Credit Cards Accepted



Make Checks Payable to: City of Newport Beach

Registration Form

# OASIS Fitness Center



(949) 718-1818

## HOURS OF OPERATION

### MONDAY-THURSDAY

7:00 am – 8:00 pm

### FRIDAY

7:00 am – 5:00 pm

### SATURDAY & SUNDAY

8:00 am – 4:00 pm

## OASIS FITNESS CENTER MISSION STATEMENT

The OASIS Fitness Center strives to provide a safe, comfortable, senior-friendly exercise environment for the active older adult, providing our members the opportunity to incorporate an exercise routine into their life which nourishes their mind, body and spirit.

### FITNESS CENTER MEMBERSHIP

- Age requirement is 50 years and older
- Newport Beach resident fee is \$125 a year
- Non-Newport Beach resident fee is \$175 a year
- No guest passes are available
- Registration is required prior to use of the Fitness Center
- Appropriate clothing and athletic shoes required
- No food or drinks other than bottled water are permitted
- Members must provide their own towels

### EQUIPMENT ORIENTATION

Prior to your first workout, instruction on all OASIS Fitness Center equipment is available for each new member. See staff to schedule an appointment.

## OASIS PERSONAL TRAINERS

\$75/hour

\$40/ 30 min session

\$325/package of 5, one hour sessions (savings of \$50!)

\$350/package of 10, 30 min sessions (savings of \$40!)

\*Personal training packages can be purchased with debit/credit card only

## HOLIDAY HOURS OF OPERATION

SUN	MON	TUE	WED	THU	FRI	SAT
22-Dec 8am-4pm	23-Dec 7am-8pm	24-Dec 7am-noon	25-Dec CLOSED	26-Dec 7am-5pm	27-Dec 7am-5pm	28-Dec 8am-4pm

SUN	MON	TUE	WED	THU	FRI	SAT
29-Dec 8am-4pm	30-Dec 7am-5pm	31-Dec 7am-noon	01-Jan CLOSED	02-Jan 7am-8pm	03-Jan 7am-5pm	04-Jan 8am-4pm

## ENJOY THE HOLIDAYS WITHOUT THE URGE TO SPLURGE

Consuming lots of sugar can spike inflammation in the body, and for some people with arthritis, that brings on a painful flare. These tips can help you enjoy this treat-filled season without going into sugar overload.

**Prepare for parties.** Don't go to a party on an empty stomach; even a big glass of water beforehand will reduce the urge to reach for the cookies, says Lona Sandon, assistant clinical professor of nutrition at the University of Texas Southwestern Medical Center in Dallas. And take a healthy dessert. If you present it as a gift, your hostess will be more likely to serve it.

**Savor the flavor.** A recent study published online in *Psychological Science* suggests that creating rituals around food - such as slowly and methodically unwrapping a piece of chocolate, looking at it and smelling it before eating it - leads to enjoying it more. Appreciating food, instead of mindlessly grazing at the dessert table, can help you eat less.

**Watch what you drink.** Steer clear of sweet drinks like cocktails with juice, because juice is loaded with sugar. "The simpler the drink, the better," says Sandon. Wine is a good choice, she adds, but stick to just one or two glasses.

Article written by Amanda Baltazar

Published by The Arthritis Foundation, NOV/DEC 2013



Friends of OASIS  
801 Narcissus Ave.  
Corona del Mar, CA 92625-1501

**TIME VALUE MATERIAL**

Please deliver by  
November 22

NON-PROFIT ORG  
U.S. Postage  
PAID  
Santa Ana, CA  
Permit No. 302

# HOLIDAY SHOW

Wednesday, December 18

4:00-5:30pm

OASIS Evelyn Hart Event Center

Tickets \$5 on sale now

**Advance purchase required; event will sell out!**

Join us for a very special holiday show featuring the talented young performers of Center Stage Studios. CSS is a nationally ranked professional children's performance group. Complete with costumes and sets, these special young people will perform selections from Cole Porter, a variety of Broadway shows, and "White Christmas." To learn more about Center Stage Studios and watch videos of their past performances, visit [www.thecenterstagestudio.com](http://www.thecenterstagestudio.com). Cookies will be served.

